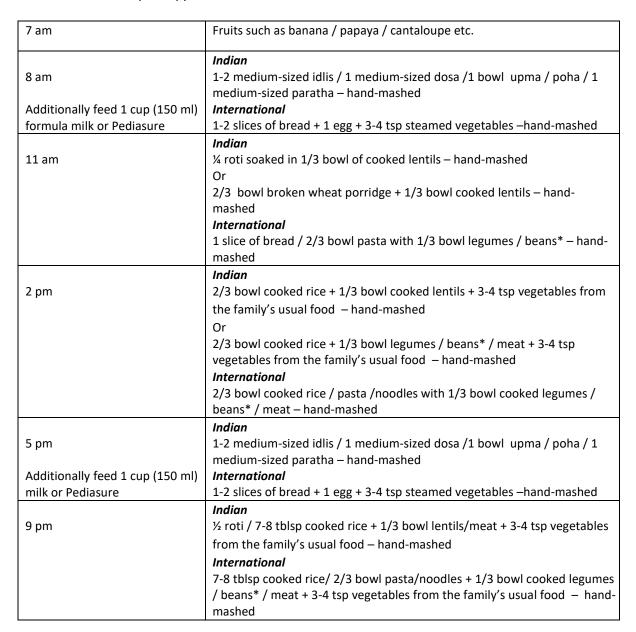
FOOD AFTER 1 YEAR OF AGE

DR TANMAY AMLADI, DUBAI

- 1. Continue breastfeeds if child is being breastfed
- 2. Continue formula feeds but:
 - a. Try to stop bottle feeds and switch to sippy cups or beakers with straws
 - b. Stop "sleepy-time feeds"



^{*}Legumes/beans – green gram / black-eyed beans / kidney beans / Turkish gram / chick peas soaked overnight and cooked with sautéed onions, tomatoes, ginger, garlic, pinch of black pepper, salt (other seasoning such as cardamom, cinnamon, cloves and bay leaves optional).

