

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”



7 am	Fruits such as banana / papaya / cantaloupe etc.
8 am Additionally feed 1 cup (150 ml) formula milk or Pediasure	Indian 1-2 medium-sized idlis / 1 medium-sized dosa / 1 bowl upma / poha / 1 medium-sized paratha – hand-mashed International 1-2 slices of bread + 1 egg + 3-4 tsp steamed vegetables –hand-mashed
11 am	Indian ¼ roti soaked in 1/3 bowl of cooked lentils – hand-mashed Or 2/3 bowl broken wheat porridge + 1/3 bowl cooked lentils – hand-mashed International 1 slice of bread / 2/3 bowl pasta with 1/3 bowl legumes / beans* – hand-mashed
2 pm	Indian 2/3 bowl cooked rice + 1/3 bowl cooked lentils + 3-4 tsp vegetables from the family’s usual food – hand-mashed Or 2/3 bowl cooked rice + 1/3 bowl legumes / beans* / meat + 3-4 tsp vegetables from the family’s usual food – hand-mashed International 2/3 bowl cooked rice / pasta /noodles with 1/3 bowl cooked legumes / beans* / meat – hand-mashed
5 pm Additionally feed 1 cup (150 ml) milk or Pediasure	Indian 1-2 medium-sized idlis / 1 medium-sized dosa / 1 bowl upma / poha / 1 medium-sized paratha – hand-mashed International 1-2 slices of bread + 1 egg + 3-4 tsp steamed vegetables –hand-mashed
9 pm	Indian ½ roti / 7-8 tblsp cooked rice + 1/3 bowl lentils/meat + 3-4 tsp vegetables from the family’s usual food – hand-mashed International 7-8 tblsp cooked rice/ 2/3 bowl pasta/noodles + 1/3 bowl cooked legumes / beans* / meat + 3-4 tsp vegetables from the family’s usual food – hand-mashed

*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).