

## GOOD NUTRITIONAL PRACTICES First 6 Months

Babies should be exclusively breast fed up to 6 months of age. A working mother can express breast milk and feed the baby.

from  
**6**  
months

## GOOD NUTRITIONAL PRACTICES

### Introducing complementary food

#### Start giving rice porridge

**Rice mix:** Start with 2-3 tea spoonfuls of red rice mix. After a week you may add 1 table spoon of dhal. Try to add dried sprats and white fish into the mix. Add a tea spoonful of oil or butter along with vegetables and dark green leaves.

#### ***TRY TO TRAIN THE BABY TO ADHERE TO THIS SCHEDULE***

- 6.00 am - Breast milk
- 8 - 9 am - Rice mix, grain based food and fruits. Can be used for breakfast.
- 10.00 am - Juices (2-4 ozs). Fruits such as banana. Infant cereals can be given a snack.
- 12-1pm - Lunch - Add carrot, yellow pumpkin and potatoes to the rice mixture. You can gradually add on green beans, peas, leafy vegetables like spinach, gotukola into the rice mixture.
- 3.00 pm - Breast milk
- 6.00 pm - Infant cereal or soup (with potatoes, carrots, dhal) or mashed potatoes with butter and milk.
- 9.00 pm - Breast milk

***Infant Cereals, can be introduced as a part of the baby's diet.***

**IMPORTANT NOTICE :** We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognize that breastfeeding is not always an option for parents, we recommend that you speak to your healthcare professional about how to feed your baby and seek advice on when to introduce complementary feeding. If you choose not to breastfeed, please remember that such a decision can be difficult to reverse and has social and financial implications. Introducing partial bottle-feeding will reduce the supply of breast milk.