

from
10
months

GOOD NUTRITIONAL PRACTICES

Breakfast - Introduce Mashed Rice, bread, Butter, Milk rice, Chickpea (Kadala)

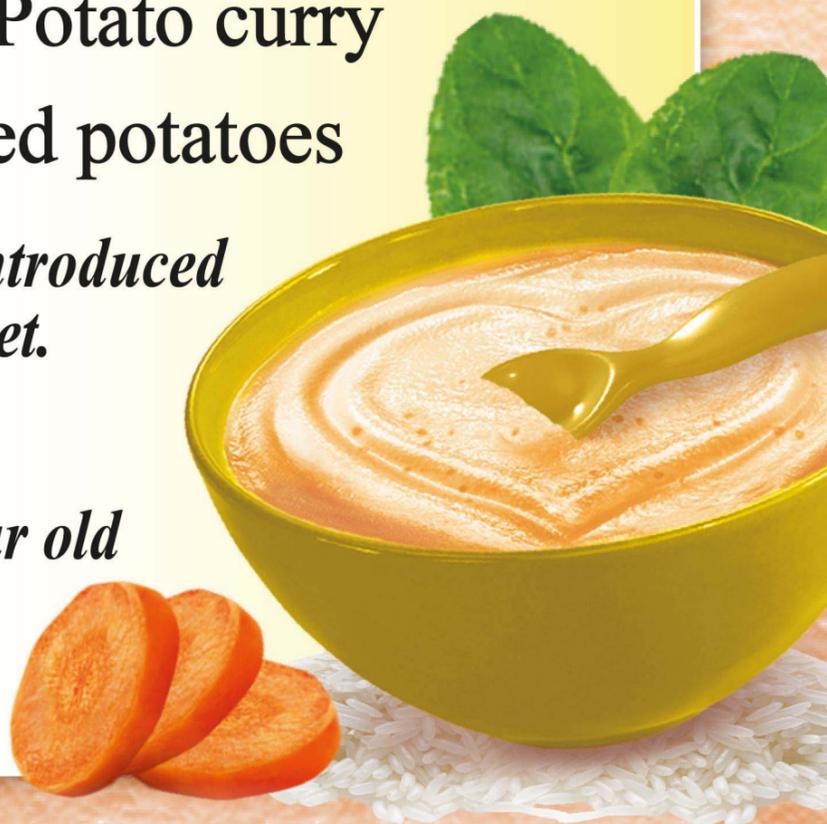
Lunch - May introduce curries without chilli powder or pepper, can use coconut milk (can introduce a pinch of turmeric and curry powder.). But don't forget to give the soup or rice mixture daily.

All these food need to be given to the baby in the form he/she will eat. However remember to keep changing consistency so that he will learn to chew/ bite food as he/she gets older. You may try below food options.

- Macaroni • Spaghetti • Noodles
- String hopper and Potato curry
- Thosai Idly / Mashed potatoes

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

** Next check-up is when the baby is one year old*



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.