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Infant Nutrition

Child feeding practices after six months

- After six months of only breast feeding, the baby needs extra food to grow. Start one new food type at a time, not many.
- Food like gruel, porridge, cooked vegetable, fruit pulp is good for babies after six months age. If top milk is given do not dilute it. Dilute milk is often the cause of malnutrition.
- Prepare semi solid feeds from roasted, puffed grain, flour prepared from fermented grain (satva) are easy to digest.
- Add oil or ghee to child's food to improve nutrition.
- Eggs are a good source of body building element called proteins.
- Babies and children need frequent feeds every day. Child should be offered food every three to four hours.
- Washing hands before preparing food and feeding child is essential.
- For older children (2 years) keep food ready and reachable for the child. The child should eat whenever hungry e.g. Roasted groundnuts and Jaggery (gud) are popular.
- Eggs, groundnut, Soyabeans, fish are high protein foods. Child growth is better with these feeds.

In this lesson we will learn about

Foods for the baby after six months of exclusive breastfeeding.

Eleven golden rules for child feeding.