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## *Guideline 3:*

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# **Start Complementary Feeding at Six Months and Ensure Adequate Diets for Children and Adolescents in Health and Sickness**

### **Why Complementary Feeding Matters (6–12 Months)**

#### ◊ **Scientific Basis**

- At 6 months, infants need **additional 200–300 kcal/day** from solids.
- Key nutrients required: **Iron, Zinc, Vitamin A, Protein, and Essential Fatty Acids.**
- Breast milk continues to provide **immunological protection**, but lacks sufficient iron.

#### ◊ **Consequences of Delay**

- **Iron-deficiency anemia** can impair motor and cognitive development.
- Late feeding may cause **feeding aversion, growth faltering, and increased infection risk.**

#### ◊ **Caregiver Guidance**

- Introduce solids when baby shows readiness: sits with support, opens mouth when offered food.
- Maintain **food hygiene**: boil utensils, wash hands, avoid reheating multiple times.
- Avoid **force-feeding**; instead, use **responsive feeding**—observe cues and encourage exploration.

## Starting Complementary Foods (6–12 Months)

### ◆ Texture & Progression




6–8 Months				9–12 Months			
	Mid morning (10–11 am)	Afternoon (1 pm)	Evening (4–5 pm)		Mid morning (10–11 am)	Afternoon (1 pm)	Evening (6 pm)
Sun	Rice 10g Red gram dal 5g Spinach 20g Oil/ghee 5g	Steamed & Mashed Apple (50 g)	Wheat 10g Chana 5g/*egg 20g Bottle gourd 25g Oil/ghee 5g	Sun	Rice 10g, Red gram dal 5g Spinach 20g, Groundnut 5g Oil/ghee 5g; Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Groundnut 5g, Fruits 20g	Wheat 10g Chana dal 5g/meat 20g Bottle gourd 25g Oil/ghee 5g, Fruits 20g
Mon	Ragi 10g Cowpea 5g/*egg 20g Methi 20g Oil/ghee 5g	Orange (50 g)	Rice 10g Red gram dal 5g Beans 25g Oil/ghee 5g	Mon	Ragi 10g, Cowpea 5g/*egg 20g Methi 20g, Thil 5g Oil/ghee 5g, Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Groundnut 5g, Fruits 20g	Rice 10g Red gram dal 5g Beans 25g Oil/ghee 5g, Fruits 20g
Tue	Wheat 10g Chana 5g Colocasia leaves 20g Oil/ghee 5g	Mashed papaya (50 g)	Bajra 10g Green gram dal 5g Ridge gourd 25g Oil/ghee 5g	Tue	Wheat 10g; Chana dal 5g Colocasia leaves 20g Cashew nuts 5g Oil/ghee 5g, Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Groundnut 5g, Fruits 20g	Bajra 10g Green gram dal 5g/ Fish 20g, Ridge gourd 25g Oil/ghee 5g, Fruits 20g
Wed	Bajra 10g Chana dal 5g/*egg 20g Malabar Spinach 20g Oil/ghee 5g	Mashed mango (50 g)	Rice 10g Lentil 5g Beans 25g Oil/ghee 5g	Wed	Bajra 10g, Chana dal 5g/ Fish 20g; Spinach 20g Walnuts 5g Oil/ghee 5g; Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Cashew nuts 5g, Fruits 20g	Rice 10g Lentil 5g, Beans 25g Oil/ghee 5g Fruits 20g
Thu	Rice Flakes 10g Black gram dal 5g Mint leaves 20g Oil/ghee 5g	Mashed chikoo/sapota (50 g)	Maize 10g Kidney Beans 5g/ *egg 20g; Ivy gourd 25g Oil/ghee 5g	Thu	Rice Flakes 10g Black gram dal 5g Mint Leaves 20g, Thil 5g Oil/ghee 5g, Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Almonds 5g, Fruits 20g	Maize 10g Kidney Beans 5g/Egg 20g Ivy gourd 25g Oil/ghee 5g, Fruits 20g
Fri	Wheat 10g Rajmah 5g/*egg 20g Amaranth 20g Oil/ghee 5g	Watermelon (50 g)	Rice 10g Black gram dal 5g Beans 25g Oil/ghee 5g	Fri	Wheat 10g, Rajmah 5g Amaranth 20g Pista 5g; Oil/ghee 5g Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Coconut 5g, Fruits 20g	Rice 10g Black gram dal 5g/ Fish 20g; Beans 25g Oil/ghee 5g, Fruits 20g
Sat	Ragi 10g Cowpea 5g Methi 20g Oil/ghee 5g	Mashed banana (50 g)	Wheat 10g Chana dal 5g/*egg 20g Bottle gourd 25g Oil/ghee 5g	Sat	Ragi 10g, Cowpea 5g Methi 20g Thil 5g; Oil/ghee 5g Fruits 20g	Cereals/Nutricereals 15g Any dal 10g Groundnut 5g, Fruits 20g	Wheat 10g Chana dal 5g/ chicken 20g Bottle gourd 25g Oil/ghee 5g, Fruits 20g

Suggested complementary food menus for infants(6–12 months)

### ◆ Feeding Schedule

- **6–8 month:** 2–3 meals + 1 snack
- **9–11 month:** 3–4 meals + 1–2 snacks

- **12 month:** 3 meals + 2 snacks
- Continue **on-demand breastfeeding.**

❖ **Developmental Tips**

- Encourage **self-feeding** with finger foods.
- Use **colorful bowls, soft spoons**, and **playful sounds** to engage.
- Praise attempts, not just quantity eaten.

## Feeding Toddlers (1–2 Years)

❖ **Nutrient Targets**

- **Energy:** ~1000 kcal/day
- **Protein:** ~13–15g/day
- **Iron:** ~9–11mg/day
- **Calcium:** ~500mg/day

❖ **Sample Menu**

<b>Time</b>	<b>Food</b>	<b>Nutritional Focus</b>
<i>Breakfast</i>	Vegetable poha + milk	Iron, calcium, carbs
<i>Snack</i>	Banana or boiled egg	Potassium, protein
<i>Lunch</i>	Roti + dal + sabzi	Fiber, protein, vitamins
<i>Snack</i>	Curd + fruit	Probiotics, vitamin C
<i>Dinner</i>	Khichdi + ghee + carrot puree	Energy, vitamin A

❖ **Foods to Avoid**

- Cow's milk before 1 year (risk of iron deficiency)
- Salt, sugar, honey (kidney strain, botulism risk)
- Fried snacks, sugary drinks, processed foods

## Nutrition for Children (2–10 Years)

### ❖ Nutrient Priorities

- Iron:** Prevents anemia—include jaggery, dates, leafy greens
- Calcium & Vitamin D:** Bone health—milk, ragi, sunlight
- Vitamin A:** Eye health—carrots, mangoes, papaya
- Zinc:** Immunity—whole grains, legumes, nuts

### ❖ Balanced Diet Breakdown

Group	Daily Servings	Examples
Cereals/Millets	4–6	Rice, wheat, ragi, bajra
Pulses/Legumes	2–3	Rajma, chana, moong
Dairy	2	Milk, curd, paneer
Fruits/Vegetables	5	Seasonal produce
Healthy Fats	2–3 tsp	Nuts, seeds, mustard oil

### ❖ Behavioral Tips

- Involve kids in **meal prep** and **grocery shopping**.
- Use **storytelling** or **games** to teach food groups.
- Avoid **bribing with food** or using it as punishment.



Suggested diet for normally nourished physically active children aged 7 to 9 year

## Nutrition for Adolescents (10–19 Years)

### ❖ Growth Demands

- **Energy:** 2000–2500 kcal/day
- **Protein:** 40–60g/day
- **Iron:** 27mg/day (girls), 19mg/day (boys)
- **Calcium:** 1000mg/day

### ❖ Smart Eating Habits

- **Breakfast:** Crucial for metabolism and focus
- Include **whole grains, lean proteins, seasonal fruits, and hydrating fluids**
- Limit **HFSS foods and UPFs**

### ❖ Physical Activity

- At least **60 minutes/day**: walking, cycling, dancing, sports
- Supports **bone density, mental health, and metabolism**

## Nutrition During Illness & Recovery

### ❖ Physiological Impact

- Illness increases **metabolic rate, nutrient loss, and appetite suppression**
- Recovery requires **energy-dense, easy-to-digest, and immune-supportive foods**

### ❖ Recovery Foods

Symptom	Recommended Foods
Fever	Soups, fruit juices, khichdi
Diarrhea	ORS, curd rice, banana
Weakness	Boiled eggs, paneer, smoothies

### ❖ Feeding Strategy

- Small, frequent meals every 2–3 hours
- Focus on **hydration**: coconut water, buttermilk, ORS
- Use **comfort foods** with familiar flavors to encourage intake