

RIGHT FOOD at the RIGHT TIME
To make my baby HEALTHY and BRIGHT



Right Food at the Right Time, Makes My Baby Well and Wise



Proper nutrition in early childhood is a big investment toward a successful future.

You can make your baby intelligent, healthy and active by providing safe, nutritious food in correct amounts and frequency for the age.

Complementary Feeding

What are complementary foods?

- Foods that are given **in addition to breast milk**.
- To complement breast milk as breast milk alone is not enough for the rapidly growing and active child **after 6 months** of age.
- Complementary foods provide additional nutrients and energy needed for best possible growth, brain development and health after 6 months of age.
- While complementary foods at the correct time, in sufficient amounts are needed, breast milk is also given together with food for 2 years and beyond.

When you feed your child

- Have a separate plate/bowl and spoon for baby.
- Wash hands before preparing baby's food and feeding baby.



- Have a designated place with minimum distraction for baby to eat.
- Talk to baby lovingly with eye to eye contact and allow baby to eat slowly.
This will encourage baby to eat while stimulating brain development.



- Be patient.
- Do not add salt or sugar to food till 1 year of age.
- Do not feed baby walking around house or garden or while watching television.

When to start complementary feeding

Immediately on completion of 6 months

How do I start complementary feeding?

Day 01 of complementary feeding

- Prepare complementary food in a **semi solid soft form**.



- Mash rice very well.
- Mix it with some expressed breast milk to make it familiar to the baby.
- Give 2-3 tea spoons of this preparation.

Days 2-3 of complementary feeding

- Give one or two meals a day of very well mashed rice.
- Gradually increase the amount at each meal.
- Continue breastfeeding on demand.



Days 4-6 of complementary feeding

- Start adding other food (eg: pulses such as dhal).
- One new food at a time to the rice for 2-3 days continuously before adding another new food.
- 3-4 tea spoons at a time, twice a day.



- A tea spoon of well mashed fruit after rice meal (eg: papaya, banana).



- **Continue to breastfeed.**

Days 7-9 of complementary feeding

Adding an animal origin food item such as powdered dried sprats / fish /chicken early to the rice, dhal mix is very important.

Wash sprats without removing the head and then air or oven dry or roast and then grind them whole to a fine texture. Store it in a bottle and add about a tea spoon, when preparing a meal.



Do you know why it is important to give animal foods at this age?



Animal foods are rich in iron and help brain development, which is fastest in the first 2 years of life.

- Temper with 1-2 tea spoons of oil or butter or cook the food with thick coconut milk to increase energy content.
- Continue mashed fruit and breast feeding.

Days 10 – 15 of complementary feeding

- With half mashed rice
 - + A pulse (e.g. dhal or green gram or gram etc.)
 - + Animal food such as Fish/chicken/meat/ liver/sprats
 - + Pumpkin/ carrot / yellow sweet potatoes



- Temper with 1-2 tea spoons of oil / butter or cook with thick coconut milk
- 5-6 tea spoons at a time, twice a day.
- Also give well mashed banana / papaw 1-2 tea spoons in between or after main meals.



Continue breastfeeding.

Day 16-30 of complementary feeding

- **With mashed rice**

- dhal/ chick peas/ green gram/ cowpea
- sprats/ fish / chicken / liver
- egg yolk / pumpkin / carrot
- gotukola / drumstick leaves (murunga kola)/ sarana / thampala / mukunuwenna



- Temper with a tea spoon of oil / butter / cook with thick coconut milk. Else, butter or margarine can be added to the cooked food.
- Amount of food given at a time - about 1/4 of a tea cup, 2-3 times a day.
- Well mashed fruit such as banana/ papaw / mango / avocado, 1-2 tea spoons in between or after main meals.
- Continuous, gradual introduction of new foods, one at a time, is very important for better physical growth and brain development. Try giving different food items at different meals (e.g. if 'gotukola' is given for lunch, give 'sarana' for dinner).

Continue to breastfeed. Breastfeeding can follow a meal. After this, sips of boiled, cooled water can be offered to the baby.

**By completion of one month of complementary feeding
(by completion of 7 months of age)**

- **With coarsely mashed rice**

- pulses (gram /green gram /soya / dhal / cowpea etc.),
- iron rich foods of animal origin (sprats / fish / chicken / liver etc.)
- vegetables, green leaves



- Temper with 1-2 tea spoons of oil / butter / cook with thick coconut milk. Else butter / margarine can be added to cooked food.
- 1/2 tea cup at a time, 2-3 times a day.
- Give well mashed fruit, 2-3 tea spoons at a time 1-2 times a day (after a main meal or in between main meals as a snack).
- **Continue breast feeding.** Breast feed after a main meal or a snack. After this, offer sips of boiled, cooled water.

If a child was started on complementary food, along with continued breastfeeding, before completion of 6 months on doctors' advice, then continue this meal pattern till completion of about 7 months.

By 7 months and one week of age

Main meal

Coarsely mashed rice with



- Pulses (dhal, germinated green gram, soya, gram etc.),
- Iron rich animal food (sprats, fish, chicken, liver),
- Eggs, vegetables, green leaves.



- 1-2 tea spoons of oil / butter / or cook with thick coconut milk.
 - Half of a tea cup of food at a time, 2-3 times a day.
 - Give about 4 teaspoons of well mashed fruit, after main meals or in between meals as a snack.
- 1-2 Snacks a day between main meals.

Do you know why it is important to give various types of food and different tastes during this period?

- By taking various types of food, the ability to get required nutrients is more.
- This is a special period in which the child learns about various foods and different tastes.
- As the child grows, the habit of eating any type of food develops.

By seven months and two weeks of age

Main meals - A variety of coarsely chopped food as above. Give a variety of vegetables. Half a tea cup of food at a time, 2-3 times a day.



Give 4 -5 tea spoons scraped fruit after main meals.



Continue to breastfeed.

Snacks - 1-2 a day between main meals

Breastfeeding can follow a meal. After this, offer the baby some boiled, cooled water.



During meals

- Point out the different foods and name them.
- Show the different colours.
- Talk about different tastes.
- This will help learning and brain development and the baby will love meal times.

By completion of 8 months of age

Main meals - A variety of food should be given e.g. Jak, bread fruit. The texture of the main meal should be coarsely chopped.



Give a bit more than 1/2 tea cup of food at a time, 2-3 times a day. Also give scraped fruit about 1/4 tea cup in between or after the main meals.

Snacks – 1-2 a day.

Variety is important.

Now that baby is learning to self-feed, finger foods – a small piece of hopper (soft center portion) or bread spread with butter, a piece of ripe avocado or any other scraped fruit can also be given as a snack.

It is important that baby is not left alone with finger foods. They must be given with the caregiver helping and encouraging baby to self-feed.



Continue to breastfeed.

By completion of 9 months of age

Main meals - A **variety of coarsely chopped** food should be given.



Give a bit more than $\frac{1}{2}$ tea cup of food at a time for the main meals, 3 - 4 times a day. Also give scraped fruit about $\frac{1}{4}$ tea cup after the main meals.

1 - 2 nutritious snacks a day.



Breastfeed after meals.

Try to let baby sit with family members at meal times and have meals.

9 – 11 months of age

Variety in meals is very important. Otherwise baby does not learn to eat different types of food and may not get all nutrients needed for healthy growth and brain development. Rice and ‘curries’ can be served separately and can be mixed while feeding.



Let baby touch and pick foods and encourage self-feeding while you help him/her to eat.

3/4 tea cups of food at a time, 3 – 4 times a day.

- Give finger foods.
- Give fruits after main meals.
- 1-2 nutritious snacks a day.
- **Breast feed after meals.**



1-2 years of age

- Baby should be eating nutritious family foods now.
- Main meals - A variety of nutritious family food 3 times a day, a bit more than a tea cup at each meal.
- Try to feed 5 different items of vegetables and fruits per day.
- Try to let baby sit with family members at meal times and have meals.
- Offer a nutritious snack in between main meals; 1-2 snacks a day.



Daily requirement of food at the age of 1-2 years of age

Food group		Required amount for the whole day
Rice, Milk rice, string hoppers, hoppers, thosai etc.		2 cups 
Cooked dhal, green gram, cowpea.		3 - 6 Table spoons 
Different types of vegetables		3 - 6 Table spoons 
Green leaves		Half of a tea cup 
Sprats or	6 - 8 numbers	
Fish/chicken/meat/liver or	A match-box-size two pieces	
Kunissan or	2 table spoons	
Egg	01	
Breast milk/milk products		
Breast milk	or	2 - 3 times after a meal
Cheese	or	A piece of match box size
Curd/ yogurt		1 cup
Fruits		Twice a day. E.g. one medium size banana, one orange

What are Snacks?

Snacks are nutritious foods, taken in small amounts, which are rich in energy and nutrients.



Why are snacks needed?

These give extra energy and nutrients in a small amount of food.

In between the main meals give a small nutritious snack. E.g. a piece of boiled egg / small piece of boiled potato with a bit of butter added.

1-2 snacks a day depending on baby's weight gain and hunger cues.



Egg is a nutritious food for children. After 2 weeks of starting complementary food, feed a little bit of boiled egg yolk first. Start a feeding boiled white component of the egg later after about one week. Eggs are a source of less expensive nutritious food and could even be given daily. Eggs can also be given as snacks.



What are the other important messages related to nutrition and growth of the baby?

1. Feeding during illness

Correct practices of feeding during illness and afterwards will help early recovery and maintain growth and development.

Feed an ill child very patiently. Feed small amounts frequently.

Offer nutritious foods that the child likes. Offer a variety of nutrient-rich foods (E.g. - eggs, fish, chicken).

Add oil, thick coconut milk as usual. Continue to breast feed.

Manage/control symptoms such as fever, before offering food, as a feverish child will refuse food.

During recovery - Give an extra meal and extra breastfeeds + extra amount per meal for about 2 weeks after recovery from illness. Use extra rich foods (nutritionally). Continue to feed with extra patience and love.



2. Assessing Growth

It is important to check baby's growth regularly and have it marked in the CHDR —————> Weight every month and length at least at 4, 9, 12, 18 months.

Weighing the child every month until the 2nd birthday is very important.



உலகின் வளர்ச்சி அளவுகோல் குழந்தையின் வயதுடனான நிறைக்குரிய வரைபு

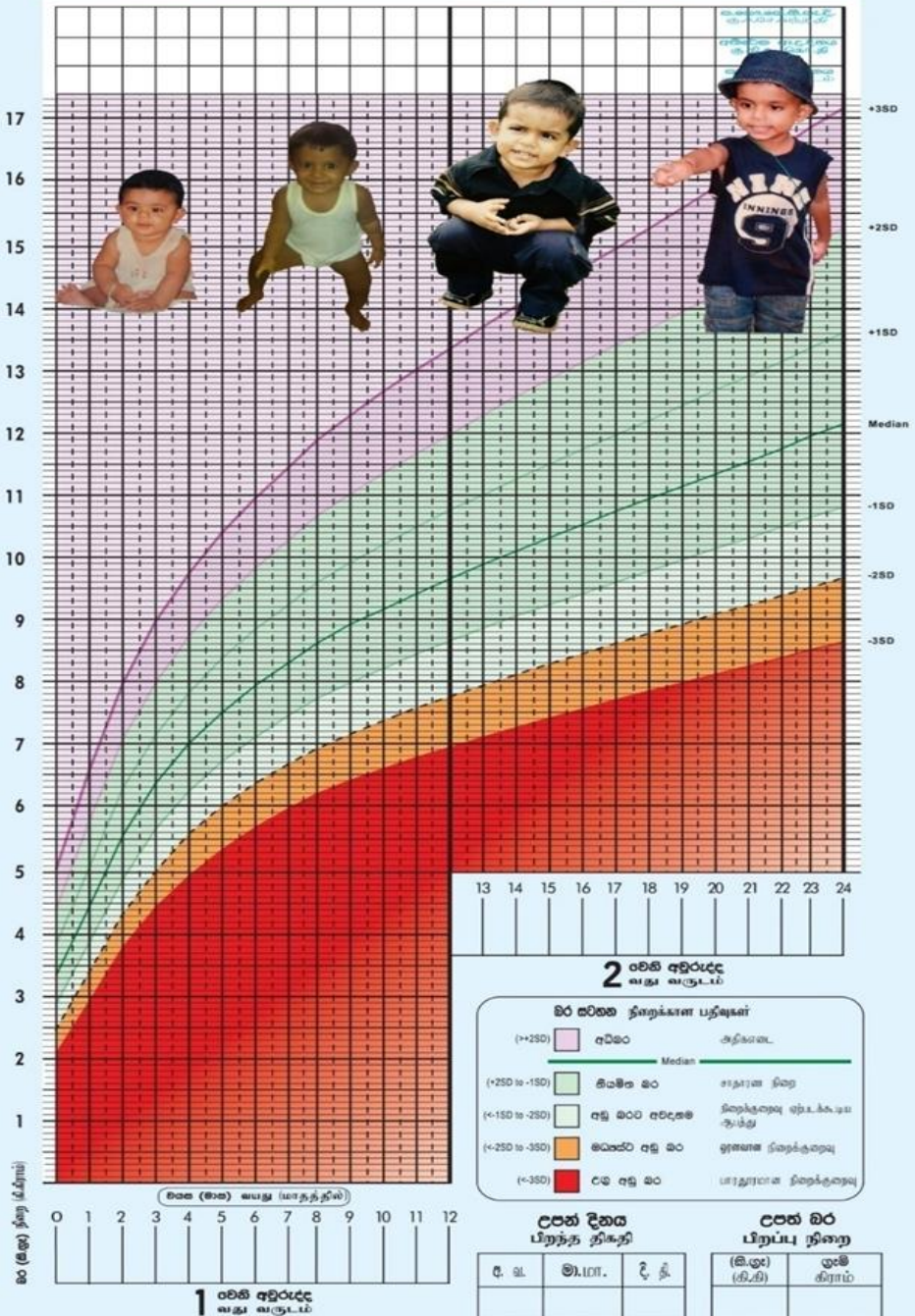
(WHO Child Growth Standards)

இந்த வரைபு உலகின் வளர்ச்சி அளவுகோலைப்
பயன்படுத்தி குழந்தையின் நிறைவுகளை அளவிடப்
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பயன்படும்.

• 0-5 வயது குழந்தைகளுக்குப் பயன்படும்

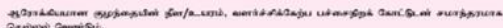
• பிறப்பிலிருந்து 2 வயது வரை - குழந்தைகளுக்குப் பயன்படும்



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(WHO Child Growth Standards)



Plan your child's meal.....

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 	Milk Rice Fish	Chick Peas Coconut	Hoppers Dhal	Sweet potatoes Coconut sambol
Snacks 	Yoghurt	Thick Sago porridge	Banana
Lunch 	Rice Dhal Gotu kola Carrots	Rice Chicken Sarana Drum sticks	Rice Liver Spinach Brinjal	Rice Fish Ridge gourd Drum stick leaves
Snacks 	Potatoes with coconut or butter	Avocado	Egg	Mango	Vadai	Gauva
Dinner 	Coconut roti Egg Vegetable salad	String hoppers Kiri- hodhi Fish	Thosai Coconut Sambol Carrot	Noodles Dhal Chicken

The food recommended in this booklet could be changed according to the growth of the child. According to the CHDR, if the child is overweight, underweight or has growth faltering, special nutritional advice needs to be taken from the healthcare staff.

Formula milk should not be encouraged and introduction decided only by a doctor. Formula milk in the 1st year could have adverse long term health effects.

Read the yellow pages in the CHDR and ask your Public Health Midwife or doctor to explain anything you do not understand or want to know more about.

**Family Health Bureau,
Ministry of Health, Nutrition and Indigenous Medicine,
No 231, De Sarem place, Colombo 10.
Phone: 011 2696677/ 011 2693934**

**Health Education Bureau,
Ministry of Health, Nutrition and Indigenous Medicine,
No 2, Kynsey Road, Colombo 08.
Phone:011 2692613, 011 2696606,
Fax: 011 2692613
Suwasariya: 0710 107107
Email:healthedu@sltnet.lk**

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For Further Information Contact
Health Education Bureau
No-2, Kynsey Road, Colombo 08, Sri Lanka.
TEL -0112692613,0112696606 Fax - +94112692613
Email – healthedu@sltnet.lk



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