

### Stage(3): Pureed foods

Time period: 2-4 weeks

#### Allowed foods:

- Low fat labnah
- Low fat soft cheese (cottage/cream cheese)
- Boiled egg (or scrambled with a little oil)
- Pureed/cooked vegetables (without skins or seeds)
- Pureed fruit (without skins or seeds)
- Pureed meat/fish/chicken
- Commercial food, prepared specially for babies, like cerelac

#### How to consume

4-5 meals daily; each one containing 90-120 gm (6-8 tablespoons)

4-6 Each meal to be consumed within a period of half an hour

At least three of your meals should contain protein source (meat/fish/chicken or alternatives such as cheese and labnah)

Continue drinking 1-2 liters of fluids daily (30 ml every 15 minutes)



#### Example of a 3rd stage menu meal for one day

Time	Meal
7:00 am Breakfast	½ cup oatmeal or semolina made with skimmed milk. 1 slice low fat cheese or 30 g cottage cheese/labnah.
9:00 am	½ -1 cup low fat/skimmed milk; sip slowly (4 Tablespoons)/15 minutes.
10:00 am	½ cup clear fluid; sipped slowly (4 tablespoons)/15 minutes.

11:00 am	3 tablespoons low fat cheese/labnah.
12:00 pm	½ cup fresh juice sip slowly (4 tablespoons)/15 minutes.
1:00 pm Lunch	4 tablespoons pureed lean meat (chicken, fish or turkey).
3:00 pm	½ cup rice pudding or baby's prepared food.
5:00 pm	Clear fluid or fresh juice, sip slowly (4 tablespoons)/15 minutes
6:00-7:00 pm Dinner	4 tablespoons tuna (preserved in water), or low fat cottage cheese or labnah. ¼ cup pureed vegetables
8:00 pm	½ cup low fat yogurt

