

Time	Narration
00:00	Welcome to the spoken tutorial on complementary food for 6 to 24 month old babies.
00:09	In this tutorial, we will learn about homemade nutritious complementary food.
00:16	We will discuss its amount,
00:18	type
00:20	and frequency.
00:23	Let us begin with complementary food for a 6-month-old baby.
00:29	Remember, complementary food should be started after a baby completes 6 months.
00:38	Baby's first meal should be a thick puree or paste made of only one food.
00:46	Let's see some examples of foods which can be used for this meal.
00:52	Whole beans like sprouted, cooked and pureed chickpeas can be used.
01:00	Grains such as sprouted, cooked and pureed finger millet can also be chosen.
01:07	Split pulses like soaked, cooked and pureed split green gram beans can be used.
01:16	Non-vegetarian foods like cooked and pureed egg, chicken, fish can also be used.
01:25	Choose any one of them to make a thick paste.
01:30	Here, sprouted, cooked and pureed red kidney beans is chosen as the 1st food.
01:38	If required, add a little breast milk to the food to make a paste.
01:45	Use boiled and cooled water only if breast milk is not available.
01:53	The consistency of puree or paste is extremely important.
01:59	It must be thick enough to easily stay on the spoon even when tilted.
02:06	Feed 1 tablespoon of the 1st food for the baby's 1st meal on the 1st day.
02:14	Give another tablespoon of the 1st food for a 2nd meal on the same day.
02:21	Along with these 2 meals on the 1st day, breastfeed the baby adequately.
02:29	Please note, the tablespoon used in this tutorial holds about 15 grams of food.
02:37	On the 2nd day, feed 2 tablespoons of the same food per meal.
02:44	Give two such meals on that day along with breastfeeding.
02:50	On the 3rd day, feed 3 tablespoons of the same food in each meal.
02:57	Give 2 such meals on that day along with breastfeeding.
03:03	4th day is the day to start giving a 2nd new food.
03:09	Choose one new nutrient dense food from any food group.
03:15	Food groups are explained in another tutorial of the same series.
03:22	Here, sprouted, cooked and pureed finger millet is chosen as the 2nd food.
03:30	Make a thick paste of this food with breastmilk or with boiled and cooled water.
03:38	Start with 1 tablespoon of the 2nd food paste per meal.
03:44	Give it along with 3 tablespoons of the 1st food paste.
03:50	A total of 4 tablespoons of food paste must be given in each meal.
03:57	Give 2 such meals on the 4th day along with breastfeeding.
04:03	On the 5th day, increase the amount of the 2nd paste to 2 tablespoons per meal.
04:11	Give it along with 2 tablespoons of the 1st food paste in each meal.
04:18	Give 2 such meals on the 5th day along with breastfeeding.
04:24	On the 6th day, increase the amount of the 2nd paste to 3 tablespoons per meal.
04:32	Give it along with 1 tablespoon of the 1st food paste in each meal.

04:39	Give 2 such meals on the 6th day along with breastfeeding.
04:45	On the 7th day, start giving a 3rd new nutrient dense food paste.
04:53	In this picture, egg is chosen to make the 3rd new food paste.
04:59	Start with 1 tablespoon of the 3rd food paste per meal.
05:05	Give it along with 3 tablespoons of the 1st and 2nd food pastes.
05:12	A total of 4 tablespoons of food paste must be given in each meal.
05:19	Give 2 such meals on the 7th day along with breastfeeding.
05:25	Gradually increase the amount of the 3rd food paste to 3 tablespoons per meal.
05:33	Always give it along with all the previously given paste.
05:38	Feed a total of 4 tablespoons of food paste in each meal.
05:45	Give 2 such meals a day to a 6-month-old baby along with breastfeeding.
05:53	Similarly, give a 4th new nutrient dense food paste on the 10th day.
06:00	In this picture, fish is used to make the 4th new food paste.
06:07	Then, give a 5th new food on the 13th day and so on.
06:14	Keep adding a new food every 4th day.
06:19	Continue until the baby eats a wide variety of foods from all food groups.
06:26	After starting new cereals and pulses, always combine them in a baby's meals.
06:34	Give such combinations as soon as possible after 6 months of age.
06:41	They will provide complete protein to a baby.
06:46	Use various techniques that increase the absorption of nutrients from food.
06:53	Some examples are roasting, soaking, germinating, fermenting and cooking.
07:02	These techniques are discussed in detail in other tutorials of the same series.
07:10	Freshly cooked homemade food, prepared hygienically, is the best for the baby.
07:17	If baby food is to be stored, please follow the recommended safety guidelines.
07:25	Safe preparation and storage of baby food is explained in another tutorial.
07:32	Safe serving of baby food is also discussed in the same tutorial.
07:39	Please visit our website for more details.
07:44	Now, let's discuss complementary feeding for a 7-month-old baby.
07:51	At this age, gradually increase the quantity of food to half cup per meal.
07:58	Also increase the number of meals to 3 per day along with breastfeeding.
08:06	Please note, the cup used in this tutorial has a capacity of 250 ml.
08:14	At this age, the consistency of the food must be changed.
08:21	The food given to a 7 month old baby should be mashed or lumpy.
08:28	An example of such food is jackfruit seeds porridge.
08:33	When the baby is 8 months old, increase the number of meals to 4 per day.
08:41	Continue giving half cup of food per meal.
08:46	Continue breastfeeding.
08:49	At this age, stop giving food purees and pastes to the baby.
08:56	Start giving soft chunky nutritious food.
09:01	An example of such food is sprouted and cooked chickpeas.
09:08	When the baby is 9 to 11 months old, start giving soft finger foods.
09:15	Finger foods are foods meant to be eaten directly with hands.
09:22	Boiled egg and cooked vegetable pieces are examples of such foods.

09:29	At this age, increase the number of meals to 5 per day.
09:35	Continue giving half cup of food in each meal.
09:41	Continue breastfeeding.
09:44	After completing 12 months, a baby can start eating a part of the family meals.
09:52	At this age, increase the amount of food to 1 cup per meal.
09:59	Continue giving 5 meals a day along with breastfeeding.
10:05	5 meals a day can also be given as 3 main meals and 2 snacks.
10:12	For a snack, 1 cup of nutritious food should be given.
10:19	Fruit, curd, cooked cottage cheese and cooked vegetables are examples of snacks.
10:28	Add nutritious nuts, seeds and leaf powders to these snacks while cooking.
10:36	Nutritious powder recipes are discussed in another tutorial of the same series.
10:44	Remember, continue breastfeeding at least till 2 years.
10:51	Before the baby's 1st birthday, do not feed prawns and shellfish.
10:58	Also, do not add salt to the food prepared for the baby.
11:05	Before completing 2 years of age, do not give any type of sugar to the baby.
11:13	It includes jaggery, honey and fruit juices.
11:19	Also, do not give tea, coffee, packaged food or drinks
11:25	and any outside food.
11:29	These were specific complementary feeding guidelines as per baby's age.
11:36	There are many more important feeding guidelines for babies of all ages.
11:43	They are discussed in detail in another tutorial in the same series.
11:50	<p>This brings us to the end of this tutorial.</p> <p>Thank you for joining.</p>