

Time	Narration
00:00	Welcome to the spoken tutorial on general guidelines for complementary feeding.
00:06	In this tutorial, we will learn about:
00:09	The importance of starting complementary food for 6 month old babies.
00:17	Complementary feeding guidelines for 6 to 24 month old babies.
00:23	Let us begin.
00:25	A baby must be breastfed exclusively from the time of birth to 6 months of age.
00:33	6 months of age does not mean the start of the 6th month of a baby's life.
00:40	She has completed 6 months and started the 7th month of her life.
00:47	At this age, exclusive breastfeeding is not enough for a baby.
00:54	Along with breastmilk, nutritious home-cooked food must be given to the baby.
01:00	This food is called complementary food.
01:05	It must be given to a baby from 6 months to 24 months of age.
01:13	It plays a crucial role in making the baby tall, healthy and intelligent.
01:21	It is important to start complementary feeding at 6 months of age.
01:27	Otherwise, the baby's growth and development will be hindered.
01:33	There are also chances that the baby might reject solid food at a later age.
01:41	Remember, complementary food supports breastfeeding.
01:46	Therefore, breastfeeding must be continued till at least 2 years of age.
01:54	The type, consistency and amount of complementary food varies with baby's age.
02:03	There are specific recommendations for each group.
02:08	They are discussed in detail in another tutorial in the same series.
02:14	Now, let's discuss important guidelines for complementary feeding at all ages.
02:23	Any new food must be first given separately to a baby.
02:29	It should be combined with other foods later.
02:33	This will help to assess if the baby is allergic to a particular food.
02:40	Eating a variety of foods is essential for good nutrition.
02:46	Every 4th day, add a new food to the baby's diet.
02:52	Start with 1 tablespoon of the new food along with the previously given food.
02:59	Gradually increase its amount every day.
03:03	Nutrient dense food from all 8 food groups must be added gradually.
03:11	The first and most important food group is breastfeeding.
03:17	It must be included every day along with other food groups.
03:22	Grains, roots and tubers are the second food group.
03:28	Legumes, seeds and nuts are the third group.
03:33	Fourth group is milk products.
03:37	Meat, fish and chicken are the fifth group.
03:43	Egg is the sixth group.
03:46	Vitamin A rich fruits and vegetables are the seventh group.
03:52	Lastly, the eighth group is other fruits and vegetables.
03:58	Ideally, a baby's diet must include all 8 food groups.

04:05	If a baby's diet has less than 5 of these groups, it is a severe problem.
04:13	It must be corrected immediately.
04:16	Some babies do not have access to breastmilk at all.
04:22	Include food from the remaining 7 groups every day in their diet.
04:28	Also, give them 500 ml of animal milk and 2 extra servings of meals per day.
04:39	Always boil the animal milk before feeding it to the baby.
04:45	Now, let's discuss the order of adding new food groups to a baby's diet.
04:52	Along with breastmilk, start giving complementary food from the first 6 groups.
05:00	Baby needs a higher quantity of nutrients after 6 months of age.
05:06	However, the quantity of food that can be given in the initial days is small.
05:14	Therefore, nutrient dense food from the first 6 groups can be given.
05:20	These foods are rich in nutrients such as protein and good fats.
05:27	They are important for the development of the baby's height and muscle mass.
05:34	Good fats are important for baby's brain development.
05:40	After these foods, start giving vegetables and fruits.
05:45	Vegetables and fruits are high in vitamins and minerals.
05:52	However, they are not as dense in protein and fat as the first 6 groups.
06:00	Therefore, they are started later to avoid weight stagnation or loss.
06:07	Also, fruits are sweet to taste.
06:11	It is important that babies try a variety of tastes before the sweet taste.
06:18	Trying different tastes helps babies to accept more foods.
06:24	This reduces the chance of them becoming a picky eater later.
06:31	Hence, fruits are added to a baby's diet after adding all other types of food.
06:39	Giving fresh, seasonal, local fruits once or twice a day is recommended.
06:47	Fruit can be given as a dessert after a regular meal.
06:52	Fruit puree should not be mixed with baby's regular meals.
06:58	Fruit juice is not recommended for this age group.
07:03	It includes both homemade and readymade fruit juice.
07:09	Remember, continue breastfeeding upto 2 years.
07:15	Avoid giving hard foods that may cause a baby to choke.
07:21	Whole nuts, grapes, chickpeas and raw carrot pieces are examples of such foods.
07:30	Freshly cooked homemade food, prepared hygienically, is the best for the baby.
07:37	If baby food is to be stored, please watch our tutorial on safe storage.
07:44	Safe preparation and serving of baby food is also discussed in the same tutorial.
07:52	Please visit our website for more details.
07:56	Along with food, boiled and cooled water can be given to a 6-month-old baby.
08:03	Start with 30 to 60 ml of water, twice a day.
08:10	It should be increased in hot weather as per the baby's demand.
08:16	Breast milk and water are the best drinks for a baby.
08:21	However, they must be timed correctly.
08:25	Do not breastfeed or give water to a baby before a meal.
08:31	A hungry baby is more likely to try new foods.
08:37	Baby can be breastfed or given water 20 to 30 minutes before or after a meal.

08:46	Adequate complementary feeding is necessary for a baby to grow well.
08:52	<p>This brings us to the end of this tutorial.</p> <p>Thank you for joining.</p>