

Time	Narration
00:00	Welcome to the Spoken Tutorial on Non-vegetarian recipes for 6-month-old babies.
00:08	In this tutorial, we will learn - importance of introducing non-vegetarian complementary foods to the babies and
00:17	how to prepare non-vegetarian complementary foods such as-
00:22	egg puree,
00:23	fish puree,
	raw banana fish porridge,
00:27	chicken liver puree and chicken carrot puree.
	Let us begin-
00:31	Always remember that once the baby is 6 months old, nutrient requirement of the baby increases remarkably.
00:42	She requires up to 200 calories of energy from complementary foods.
00:48	Along with breastfeeding, complementary feeding should be started.
00:53	Apart from these, gradually, as the baby's age increases -the quantity and consistency of the food should be changed.
01:03	Please note that while feeding the baby, the quantity of food should be measured using cups and spoons
01:12	as it has been explained in another tutorial of the same series.
01:18	When the baby completes 6 months - initially start with 1 tablespoon twice a day, then gradually go up to 4 tablespoons twice a day.
01:29	And, only well cooked, pureed form of the food should be given.
01:34	Now we will see, how non-vegetarian foods are important for the babies.
01:40	All the non-vegetarian foods are rich in good fats, protein and many other micronutrients.
01:48	These nutrients are essential for proper growth and development of the babies and their brain development.
01:56	The recommended foods to be given to the babies are cage-free poultry,
02:02	eggs, meat and all kinds of fish except for shellfish which can be introduced after 1 year of age.
02:12	Remember the following things in mind while introducing non-vegetarian foods.
02:18	Do not give any processed meat and raw food to the baby.
02:23	It should be cooked thoroughly.
02:26	And most importantly, while cooking baby's food - always avoid using microwave oven.
02:34	We have discussed 6 month old baby's requirement and importance of non-vegetarian complementary foods.
02:43	Now we will see, how to make these non-vegetarian complementary foods.
02:48	Let's begin with our first recipe which is egg puree.
02:52	To make this egg puree, we will need- 1 egg and ½ (half) teaspoon ghee or butter.

03:00	To prepare it, take the egg and beat it thoroughly in a bowl.
	Then, heat the ghee in a steel pot.
03:06	Pour the beaten egg in this steel pot and start stirring on a low flame.
03:15	Remove it from the flame in between as continuous cooking will burn the egg puree.
03:21	Keep stirring the mixture and cook it till it thickens.
03:25	Turn off the flame. And, the egg puree is ready.
03:29	Let it cool for some time and feed it to the baby.
03:34	The second recipe that we will see is fish puree.
	For this, we require- 2 pieces of any locally available fish such as-
	Black Pomfret,
03:37	Bombay duck,
	White Pomfret and
	Squid.
03:49	Take 2 pieces of the cleaned and washed fish in a steel pot.
03:54	Add water till the fish gets covered. Keep this steel pot in a pressure cooker
04:00	and pressure cook it until 3 to 4 whistles.
04:04	Let it cool for sometime after which take the pieces of fish out on a plate.
04:09	Now, carefully remove all the bones.
04:13	It is utmost important that before feeding the baby, bones of these fish are removed as they can choke the baby.
04:22	Now, in a mixer, puree the boiled fish and feed it to the baby.
04:28	The third recipe is raw banana fish porridge.
	To prepare it, we need 2 tablespoons of raw banana powder,
04:32	4 small pieces of Bombay duck or any local fish.
04:41	First, we will begin with the preparation of raw banana powder.
04:45	Take 2 raw bananas of any variety that is locally available in your area.
04:51	Peel them using a peeler. Now, cut these bananas into thin slices.
04:58	Dry these slices under the shade for 1 to 2 days until they become crisp.
05:04	Then make a powder of these dried raw banana slices in a mixer.
05:09	Sieve this powder and remove the seeds.
05:13	The raw banana powder is ready for use.
05:17	Next, to make a fish puree- follow the instructions as mentioned in the previous recipe.
05:24	After that, take 2 tablespoons of raw banana powder in a bowl.
05:29	Add 3 teaspoons of water and mix it well to avoid lump formation.
05:35	Add more water if required.
05:38	Now cook this mixture on a low flame for 5 to 7 minutes.
05:43	After that, add cooked fish puree in it.

05:47	Keep stirring the mixture and cook for next 4-5 minutes on a low flame.
05:53	The raw banana fish porridge is ready. Let it cool for some time and then feed it to the baby.
06:01	Now we come to the fourth recipe- the chicken liver puree.
06:06	To make this, we need 1 chicken liver.
06:09	Procedure: Start the preparation by taking washed chicken liver in a steel pot.
06:15	Add water till it gets covered.
06:18	Now keep this steel pot in a pressure cooker.
06:21	Pressure cook it until 3 to 4 whistles.
06:25	After it cools down, take it out on a plate.
06:29	Make a puree of the boiled chicken liver using a mixer and feed it to the baby.
06:37	Now we will see the fifth recipe- the chicken carrot puree.
06:42	We will need: 4-5 small pieces of chicken breast or boneless chicken and 1 carrot.
06:50	Start the preparation by taking washed pieces of chicken breast in a steel pot. Then add water till it gets covered.
07:00	Now, keep this steel pot in a pressure cooker and cook it until 3 to 4 whistles.
07:07	Let it cool for some time. And then take out the chicken pieces on a plate and let it cool.
07:15	Next, steam the carrot for 10 minutes and let it cool.
07:20	Make a puree of boiled chicken pieces and the steamed carrot together using a mixer.
07:26	Coming to the nutrient content of these recipes- note that, all these recipes are rich in- protein,
07:36	DHA & EPA which are Omega 3 Fatty acids ,
07:42	Choline ,
07:45	Vitamin A,
07:48	Vitamin D,
07:52	Vitamin B3,
07:56	Vitamin B6,
08:01	Folate ,
08:04	Vitamin B12,
08:08	Zinc,
08:11	Magnesium,
08:14	Iron,
08:17	Phosphorus,
08:21	Copper and Selenium .
08:28	These nutrients are easily available in non-vegetarian food sources.
08:33	Therefore they help in growth, development and strengthening the immunity of the baby.
08:40	This brings us to the end of this tutorial Thanks for joining.