

FEEDING : Recommendations during Sickness & Health

Up to 6 Months of Age :

- Breastfeed as often as the child wants, Day & night, at least 8 times in 24 hrs.
- Do not give any other food or fluids not even water.

Remember:

- Continue Breastfeeding even if the child is sick.



6 - 12 Months

- Breastfeed as often as the child wants
 - Give at least 1 *katori serving (at a time) of Mashed roti mixed in thick dal with added ghee / oil & khichadi with added oil / ghee.
 - Add cooked vegetables also in the servings.
 - Sevian / Dalia/ Halwa/ Kheer / Raab prepared in milk.
 - Mashed boiled / Fried potatoes
 - Offer Banana / Chikoo/ Mango/ Papaya
- * 3 times per day if breastfed,
5 times per day if not breastfed.



Remember:

- Keep the child in your lap & feed with your own hands
- Wash your own & child's hand with soap & water every time before feeding.



12 Months - 2 Years

- Continue breastfeeding mainly at night.
 - Offer food from the family pot.
 - Give at least 1½ *katori serving at a time, of
 - Mashed roti mixed in thick dal with added ghee/oil. & khichdi with added oil/ghee. Add cooked vegetables also in the servings.
 - Sevian / dalia / halwa / kheer prepared in milk.
 - Offer banana/ biscuit/ chikoo/ mango/ papaya.
- * 5 - 6 times per day.

Remember:

- Sit by the side of child & help him to finish the serving.
- Wash your own & child's hand with soap & water every time before feeding.

2 Years & Older

- Give family food, 3 meals each day.
- Also twice daily, give nutritious food in between meals, such as:
- Khichadi / Banana / Mango / Papaya/ Upma / Poha / Sheera / Ladoo / Chikki as snacks.
- Milk 3 cups per day

Remember:

- Ensure that the child finishes the serving.
- Teach your child to wash his hands with soap and water every time before feeding.

GENERAL DIETARY GUIDELINES :

- Add color to the diet of the baby in terms of fruits & vegetables
- Give shape to their food to get their interest in eating (example star shaped roti / Paratha, round balls of dal-rice, long cut carrots / tomatoes etc.)
- Introduce new foods in their diet when they are extremely hungry. This way they will eat it quickly without crying / hesitating.
- If they are very choosy about eating vegetables, just mash & stuff them into roti & make vegetable Paratha.

