

COMPLEMENTARY FEEDING FOR 6-24 MONTHS OLD CHILDREN

Initiate complementary feeding after completion of 6 months. Continue breastfeeding upto 2 years and beyond.

HOW MUCH COMPLEMENTARY FOOD TO GIVE?

Quantity of complementary food should correspond to nutritional requirements of a growing child.

6-8 months	9-11 months	12-24 months
Twice a day 	Thrice a day 	Thrice a day 
Half quantity of a full katori (250 ml)	Half quantity of a full katori (250 ml)	Full katori (250 ml)

HOW TO FEED THE CHILD?

While feeding, pay full attention to the child. Feed with utmost love and care.



Involve father to feed the child.



Food should be of semi-solid consistency that does not run out of spoon easily.



Feed with separate katori/spoon to understand the correct quantity. **Always put one spoon full of ghee/oil in the complementary food.**

Include atleast **4** out of **7** food groups in a child's daily diet.

Cereals, roots and tubers



Wheat, jowar, rice, corn, potato, bajra etc.

Pulses and legumes



Lentil, bengal gram, rajma, red gram, green gram, soyabean, beans and almonds etc.

Meat and fish



Mutton, poultry, fish etc.

Eggs



Poultry and duck eggs

Vitamin A rich fruits and vegetables



Pumpkin, papaya, mango, watermelon, tomato, carrot, jackfruit etc.

Milk and milk products



Milk, curd, paneer, ghee, khoya etc.

Other fruits and vegetables



Cauliflower, chilli, onion, spinach, amla, litchi, grapes, apple etc.