

COMPLEMENTARY FEEDING

Cereals, roots and tubers



Other fruits and vegetables



Pulses and legumes



Vitamin A rich fruits and vegetables



Meat and fish



Milk and milk products



Egg



A child's complementary food must include at least 4 out of 7 food groups daily.

Initiate complementary feeding immediately after 6 months and continue breastfeeding upto 2 years and beyond.