6TH MONTH

WHAT TO FEED
❖ Fruit juice should be introduced properly at this time
❖ Stage 2 Gerber Baby Food
❖ Lentils, barley, wheat
❖ Protein rich foods

HOW MUCH A DAY
❖ About 4 to 6 feedings in a day will be good enough, if your infant demands more food, increase the servings
❖ Introduce new foods in intervals of 3 days

WHAT TO AVOID
❖ Don’t force your child for the food items that they reject

7TH MONTH

WHAT TO FEED
❖ Mashed apple & pumpkin, rice khichdi, egg yolk, oats, yogurt
❖ Fruits and vegetables

HOW MUCH A DAY
❖ 5 to 6 servings in a day
❖ Grains cereals twice a day with 3-4 spoons
❖ Introduce new foods in intervals of 3 days

WHAT TO AVOID
❖ Avoid citrus fruits until your baby is 1 year old

8TH MONTH

WHAT TO FEED
❖ Tiny amounts of minced lean meats & finger foods
❖ Introduce more textured grains, table foods
❖ Tiny soft chunks of vegetables or fruits
HOW MUCH A DAY
   ❖ Go with your baby’s demand or specific pattern he has developed regarding taking his bottle
   ❖ Introduce new foods in intervals of 3 days

WHAT TO AVOID
   ❖ Don’t give honey until your baby is 1 year old