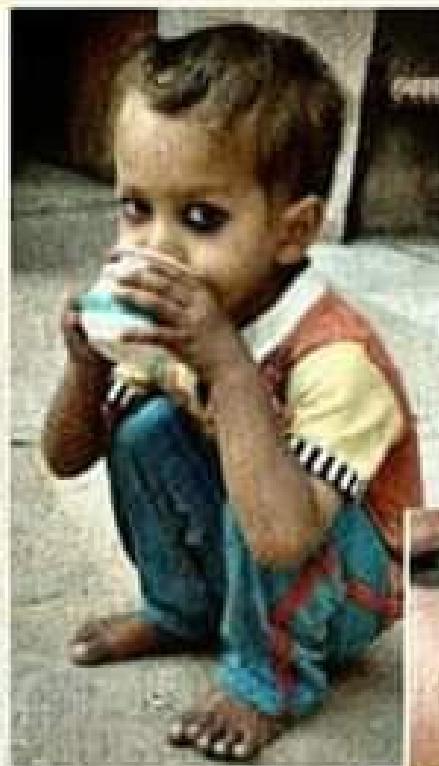


Weaning Diet



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Weaning Diet

- ◆ Weaning means- to free from a habit
- ◆ Process of gradual and progressive transfer of the baby from the breastfeeding to the usual family diet
- ◆ **Weaning** is defined as 'the systematic process of introduction of suitable food at the right time in addition to mother's milk in order to provide needed nutrients to the baby'
- ◆ Weaning does not mean discontinuity of breast feeding. Weaning foods are given in addition of breast feed when the amount of breastfeeding is inadequate.

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Principal of Introduction Of Weaning Food

➤ During introduction of weaning foods following principles to be remembered:-

1. Weaning foods should provide extra requirement as per need of the baby
2. Initially small amount should be given then increase gradually in course of a week
3. New food to be placed over the tongue of the baby to get the taste of food and to feel the consistency.



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4. A single weaning food is added at a time.
5. Weaning should be started between 5 to 6 months of age but breastfeeding to be continued up to 2 yrs of age.
6. Additional food can be given in the day time. Initially it can be given once, then twice or thrice.
7. New foods should be given when the infant is hungry, but never force the child to take the feeds.
8. Delayed weaning result in malnutrition and growth failure.



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9. Observe the problems related to weaning process. The infant may have:-

- indigestion**
- pain in abdomen**
- weaning diarrhea**
- skin rashes**
- psychological upset**



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Weaning Diet

AGE: 6 -8 MONTHS

(PUREED/SIEVED FOOD - ONCE A DAY)

FOOD GROUPING	SERVING SIZE
<i>CARBOHYDRATE</i>	
❖ Porridge ❖ Fats and oils	❖ 5 tablespoon ❖ 1 teaspoon
<i>PROTEIN</i>	
❖ Fish/chicken/meat ❖ Egg	❖ 1 tablespoon ❖ ½ (yolk)
<i>VITAMIN</i>	
❖ Green leafy vegetables ❖ Fruits	❖ 1 tablespoon ❖ 2 tablespoon



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Weaning Diet

AGE: 7 - 9 MONTHS (MASHED FOOD - 2 TIMES A DAY)	
FOOD GROUPING	SERVING SIZE
CARBOHYDRATE	
❖ Porridge ❖ Fats and oils	❖ 2 cups ❖ 2 tablespoon
PROTEIN	
❖ Fish/chicken/meat ❖ Egg	❖ 2 tablespoon ❖ ½
VITAMIN	
❖ Green leafy vegetables ❖ Fruits	❖ 3 tablespoon ❖ 2 tablespoon

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Weaning Diet

AGE: 10 - 12 MONTHS

(CHOPPED FOOD - 2 TIMES A DAY)

FOOD GROUPING	SERVING SIZE
CARBOHYDRATE	
<ul style="list-style-type: none"> ❖ Porridge ❖ Fats and oils 	<ul style="list-style-type: none"> ❖ 1 $\frac{3}{4}$ cups ❖ 2 teaspoon
PROTEIN	 DRx ToniSingh World Health And Wellness
<ul style="list-style-type: none"> ❖ Fish/chicken/meat ❖ Egg 	<ul style="list-style-type: none"> ❖ 4 tablespoon ❖ $\frac{1}{2}$
VITAMIN	
<ul style="list-style-type: none"> ❖ Green leafy vegetables ❖ Fruits 	<ul style="list-style-type: none"> ❖ 3 tablespoon ❖ 2 tablespoon

Weaning Diet

Recommended serving size for children aged between one to six years old

FOOD GROUPING	1 -3 years old	4 - 6 years old
CARBOHYDRATE		
❖ Cereals, cereal based products and tubers	❖ 2 -3 cups	❖ 3 - 4 ½ cups
❖ Fats and oils	❖ 3 tablespoon	❖ 4 tablespoon
PROTEIN		
❖ Fish/chicken/meat e.g: fish	❖ 1 - 1 ½ medium size	❖ 1 ½ - 2 medium size
❖ Egg	❖ 1	❖ 1
❖ Milk	❖ 1 - 2 cups	❖ 1 - 2 cups
❖ Beans e.g: dhal/tofu	❖ 2 tablespoon	❖ 2 tablespoon
VITAMIN		
❖ Green leafy vegetables	❖ 3 tablespoon	❖ 4 tablespoon
❖ Fruits	❖ ¼ slices	❖ ½ slices

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Feed requirement

Age	No. of feed in 24 hrs	Amount (approx)
At birth 	At least 6-10	Birth to Day 3-baby will need:- -Frequent feeding <ul style="list-style-type: none"> • 1/2 oz -2 oz at each feeding
2 weeks-1 months	At least 6-10	2-4 oz (60-120 ml)
1-2 Months	6-8	2-4 oz (60-120 ml)
3-5 Months	5-7	5-6 oz (150-180 ml)
6-8 Months	4-5	6-8 oz (180-240 ml)
9-11 Months	3-4	6-8 oz (180-240 ml)
12 Months	0-3	6 oz (180 ml)



Thank You



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