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Nutrition Instructions for your Baby



Nutrition Instructions:

1. Exclusive breast feeding for the first 6 months of age and beyond.
2. Introduce complementary foods at 6 month.
3. Expose the baby daily to sun rays.
4. Use cup and spoon to feed the baby.
5. Don't add any sugar, salt or spices to baby's food.
6. Start with one type of food and in a small amount; wait for (2-3) days check allergy then introduce another type of food.

At 6 month of age:

- Start with cereals such as (rice, corn flour, and oats). Delay the wheat after 6 months.
- Add vegetables such as (squash, green pumpkin and potatoes).
- Then introduce fresh fruit such as (apple, pear and papaya).
- At the end of 6 months, introduce boiled egg yolk. Delay egg white after one year.

From 7 – 8 months you can introduce:

- Plain yogurt without sugar and other flavors.
- Chicken (skin removed), lean mutton and pulses such as lentils and beans (skin removed).
- You can add vegetable oil to baby food.
- You can give dates at the end of 8 months.

From 9 – 10 months you can introduce:

- Beef (all fats removed) and fish.
- Milk product such as cheese.
- At this age the child can eat table food.
- Continue breast feeding.

After 1 year, you can give:

- Fresh milk mixed with food.
- Honey.
- Baby meals should contain all food groups such as (cereal vegetable, meat and fruits).
- Continue breast feeding.