

Food Schedule for First 24 Months

	up to 4 th month	4 th – 5 th month	6 th – 8 th month	9 th – 11 th month	12 th month onwards	18 th month onwards
1 st Meal	or	or	or	or	bread with cereal	bread with cereal
Morning	or	or	yogurt	yogurt	yogurt	yogurt
Noon	or					
Afternoon	or	or	yogurt	yogurt	yogurt	yogurt
Evening	or			bread		
Night	or	or	or	or	or	-
Servings	6-8 / day	6-7 / day	6 / day	6 / day	5-6 / day	5 / day
Liquids	150mL / kg / day <i>e.g.: 5kg = min. 750mL</i>					
	Breastfeeding or Formula 	Vegetable Children Meals 	Pap with Cereal 	Pap with Fruit 	Fruit 	Regular, Warm Family Meals
	<p>i Rinse bottle with hot water after usage. Sterilize bottle and pacifier daily in boiling water for 5 min. ❖</p>	<p>Serve tea or fruit juice. ❖</p> <p>i When microwave is used for heating meals, remove lid before heating and cover with paper towel. Once heated, check food for right temperature. ❖</p> <p>Heat only as much food as your baby eats. Keep unheated portion in fridge and serve next day. ❖</p>	<p>i Start offering new foods in small amounts, one food at a time every few days. Try not to be restricted by your own food likes and dislikes. When you are sure that the new foods are well accepted by your baby, you can then feed mixtures of foods. ❖</p>	<p>For lunch, serve food with more texture. ❖</p> <p>i Start teaching your baby to drink from a baby drinking cup. First try a small amount of liquid. ❖</p>	<p>i Your child has mastered drinking from a baby drinking cup; bottle has become redundant. ❖</p>	<p>i Your baby eats regular, warm family meals. ❖</p> <p>Make sure that meals are suitable for small children. ❖</p>

N.B.: The information contained herein serves as a reference point only. Changes in children's tastes are normal. Never force your child to finish a meal – maybe s/he is simply not hungry.

Food Schedule for First 24 Months

Foods	up to 4 th month	4 th – 5 th month	6 th – 8 th month	9 th – 11 th month	12 th month onwards
Breast Milk	Nursing on demand. ❖ Exclusively breastfed babies should receive a vitamin D supplement. ❖	Nursing on demand. ❖ Exclusively breastfed babies should receive a vitamin D supplement. ❖	Nursing on demand. ❖ Breastfed babies should receive a vitamin D supplement. ❖	Nursing on demand. ❖	Nursing on demand. ❖
Iron-fortified Formula	Formula feedings on demand, about 6-8 feedings every 24 hours. ❖ Boil all water for formula and drinking water. ❖	Formula feedings on demand, about 4-6 feedings every 24 hours. ❖	Formula feedings on demand, about 3-5 feedings every 24 hours. ❖	Formula feedings on demand, about 3-4 feedings every 24 hours. ❖	Formula feedings or whole (homo) cow's milk, about 3-4 feedings every 24 hours. ❖
Iron-fortified Infant Cereal	n/a	May start to introduce infant cereal – rice or barley. Mix with breast milk or formula. Feed cereal from a spoon, not from the bottle. Start with 2-3 tsp., progress to 2-4 tbsp. 2x a day. ❖	Continue with infant cereal, 2-4 tbsp. 2x day. ❖	Continue with infant cereal, 2-4 tbsp. 2x day. ❖	Continue offering plain cereals, bread, rice, and pasta. ❖
Other Grain Products			Introduce other grain products like dry toast or unsalted crackers. ❖	Introduce other plain cereals, bread, rice, and pasta 8-10 tbsp. a day. ❖	
Vegetables	n/a	Bottle-fed babies 5 months old may be offered puréed, cooked vegetables (yellow, green, or orange). Progress to soft, mashed, cooked vegetables, 4-6 tbsp. a day. ❖	Offer puréed, cooked vegetables (yellow, green, or orange). Progress to soft, mashed, cooked vegetables, 4-6 tbsp. a day. ❖	Offer mashed or diced, cooked vegetables, 6-10 tbsp. a day. ❖	Continue offering mashed or diced, cooked vegetables. ❖
Fruit	n/a	n/a	Offer puréed, cooked fruits, very ripe, mashed fruit (e.g. banana) 6-7 tbsp. a day. Around 7-9 months, fruit juice may be offered from a cup. ❖	Offer soft, fresh fruits, peeled seeded, and diced or canned fruits packed in water or juice, diced, 7-10 tbsp. a day. ❖	Continue offering soft, fresh fruits, peeled seeded, and diced or canned fruits packed in water or juice, diced. ❖
Meat & Alternatives	n/a	n/a	After vegetables and fruits, offer pureed cooked white meat (e.g. chicken), tofu, mashed beans, egg yolk, 1-3 tbsp. a day. ❖	Offer minced or diced cooked meat, chicken, tofu, beans, egg yolk, 3-4 tbsp. a day. ❖	Offer minced or diced cooked meat, fish chicken, tofu, beans, egg yolk, 3-4 tbsp. a day. ❖
Milk Products	n/a	n/a	Offer plain yoghurt, cottage cheese, or grated hard cheese, 1-2 tbsp. a day. ❖	Progress from a bottle to a cup. ❖ Continue with plain yoghurt, cottage cheese, or other cheese, 2-4 tbsp. a day. ❖	Introduce whole (homo) cow's milk. ❖
Texture	Milk from breast or bottle. ❖	Runny, thin cereal from spoon. Puréed cooked vegetables. ❖	Thickened cereal. Finely mashed soft solids. ❖	Soft, minced or diced table foods. ❖	Offer regular, warm family meals. ❖
Other Advice	n/a	n/a	Avoid egg white, added sugar, salt ❖	Avoid egg white, added sugar, salt. ❖	Continue offering new foods in small amounts, one food at a time every few days. ❖

