

Feed more as the baby grows



Begin to feed at 6 months

Type of food:

Soft porridge, well mashed food

How often:

2 times each day

How much:

Feed 2 to 3 tablespoons at each meal.



Age 7–8 months

Type of food:

Mashed food

How often:

3 times each day

How much:

Feed at least two-thirds (2/3) cup at each meal. (A cup is 250 ml)



Age 9–11 months

Type of food:

Finely chopped or mashed food and foods that baby can pick up

How often:

3 times each day plus 1 snack

How much:

Feed at least three-quarters (3/4) cup at each meal. (A cup is 250 ml)



Age 12–24 months

Type of food:

Family foods, chopped or mashed if necessary

How often:

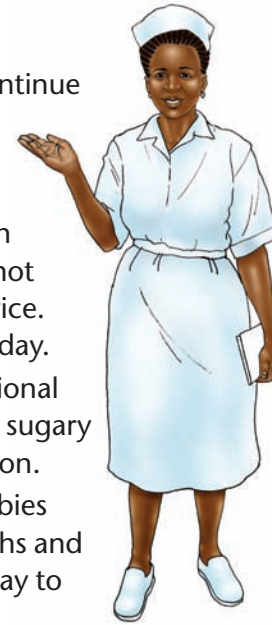
3 times each day plus 2 snacks

How much:

Feed at least 1 full cup at each meal. (A cup is 250 ml)

Things to remember

- * Between 6 months and 2 years babies continue to need breast milk each day, in addition to nutritious foods, for energy and good health. If the baby is not breastfed, he or she will need 2 cups (500 ml) of milk each day up to 2 years and beyond. If you do not have milk, consult your counselor for advice. Meanwhile, give 1 to 2 extra meals each day.
- * Avoid giving a baby drinks with no nutritional value, such as tea, coffee, soda and other sugary or colored drinks. Give juices in moderation.
- * Fresh animal milks and water given to babies should be boiled. Babies who are 6 months and older should be given clean water each day to satisfy their thirst.
- * Always feed the baby using a clean open cup. Avoid using bottles and nipples. They are difficult to clean and can cause your baby to become sick.
- * Weight gain is a sign of good health and nutrition. Continue to take your child to the health care clinic for regular check-ups, immunizations and to monitor growth and development.
- * During illness give the baby small frequent meals and more fluids, including breast milk or other milk. Encourage the baby to eat a variety of his or her favorite soft foods. After illness feed more food and more often than usual.



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After 6 Months

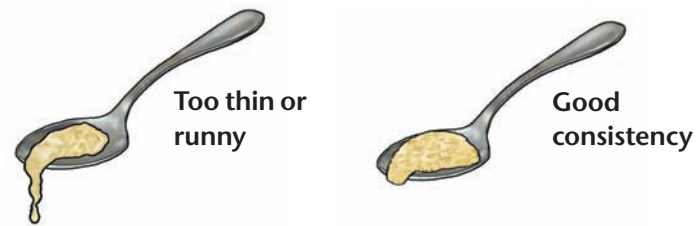
What do I need to know?



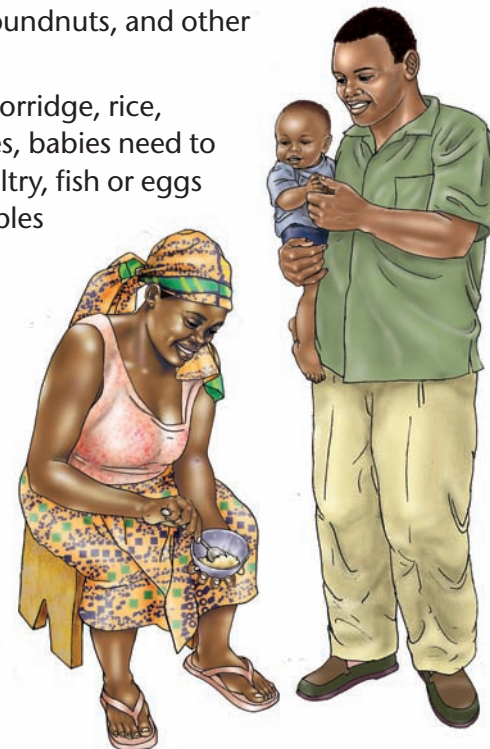
- * It is important for mothers to practice exclusive breast-feeding until their babies are 6 months old. This means that mothers and other caregivers should not give babies any other milks, foods or liquids, not even sips of water.
- * After 6 months breast milk alone is not enough. Babies need to gradually start eating a variety of foods to continue growing well.
- * Breast milk continues to be an important part of the diet until the baby is at least 2 years.
- * When feeding a baby between 6 and 12 months old always give milk first before giving other foods.
- * If a mother is HIV-positive, it is important for her to consult a health care provider for counseling on her infant feeding options, such as safer breastfeeding or the use of other suitable milks.
- * Babies should be fed more frequently because they have very small stomachs and can only eat a little food at a time.

When your baby first starts to eat

- * Give a baby 1 or 2 tablespoons of a new soft food twice each day. Gradually increase the consistency, amount and variety of food in the baby's diet. Food given to babies should be pureed at first, but not be too thin or runny.



- * Infants should gradually start to eat mashed and semi-solid foods as they become used to eating and chewing different foods.
- * Enrich the baby's porridge and mashed foods with milk, roasted and mashed groundnuts, and other nuts and seeds.
- * Besides the staple foods like porridge, rice, mashed bananas and potatoes, babies need to eat some legumes, meat, poultry, fish or eggs every day. Dark green vegetables and fruits provide important nutrients for a baby.
- * Fats, oils and sugar can be added to baby's food in moderation. They improve the energy content of the diet. Fats also improve the absorption of some vitamins and the taste of foods.
- * Use of germinated cereals (power flour) and fermentation improves food quality and digestion.



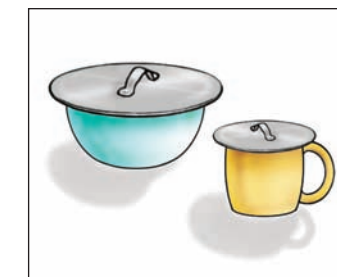
Safe preparation and storage of food for babies



- * Mothers and other caregivers should wash their hands with clean running water and soap before preparing food, and before and after feeding a baby. Hand washing is important after changing nappies or going to the toilet. Baby's hands should be washed also.



- * All bowls, cups and utensils should be washed well with clean water and soap and should be kept covered before using. Avoid using bottles and nipples. They are difficult to clean and can cause your baby to become sick.



- * Prepare food in a clean area and keep it covered to protect it. Babies should have their own cup and bowl. Serve food immediately after preparation. Left-over food should not be given to the baby later.



- * Babies should gradually learn to feed themselves. An adult or an older child should encourage the baby to eat enough food and ensure that the food remains clean.