

## STARTING SOLIDS PRESENTED BY OXYTO

Your bible for all your needs for the next greatest milestone 😊



## STARTING SOLIDS (6 – 12 months)

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## BASICS

Breast milk/ formula remains the main source of nutrition till 1 year.

Please don't worry about the quantity of solids as the baby will definitely prefer breastmilk.

### When:

1. Solids should start around 180 days
2. Readiness conditions are as follows.
  - Baby can sit with support and hold head steadily.
  - Has lost tongue thrust reflex (does not push food out)
3. Mistaken signs of readiness:
  - a. Chewing fists
  - b. Waking in the night for feeds
  - c. Demanding Extra feeds

### What??

- At 6 months, baby needs one meal only. Start veggies steamed /mashed porridges /fruits/grains, lentils. From 6 months completion onwards, you can offer all family foods minus salt and sugar.
- Steamed veggies, fruits, rice, dal, idly dosa, chapatti, kichdi, curd etc.. Can be given. Finger foods can also be given.

### How:

1. Always offer food in the Upright position
2. 30 – 45 mins after breastfeeding or 1-1.5 hrs after formula feed
3. No feeding in Lying down or in an inclined position
4. No force-feeding
5. No distractive feeding such as showing the crow/cow or tv/phone

### PRO TIP:

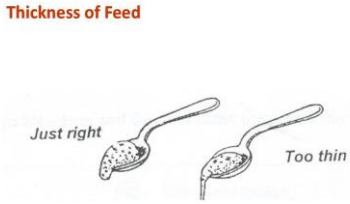



Make meal times enjoyable and involve family to share meal time

## MEAL TIME CHART:

| AGE          | WHEN TO GIVE  | QUANTITY                                    |
|--------------|---|---|
| 6 months     | Only one meal                                       | 2-3 tablespoon                              |
| 7-9 months   | Slowly increase to 3 meals + frequent breastfeeding | Increasing gradually to 2/3 of a 250 ml cup |
| 9-11 months  | 3 meals + 1 snack between meals + breastfeeding     | ¾ th of a 250 ml cup                        |
| 12-24 months | 3 meals + 2 snacks between meals + breastfeeding    | Full 250 ml cup                             |

Note: The above table is just a guideline. However, the baby always decides the quantity even if it is just a few spoons.

## CONSISTENCY

| PUREE   | FINGER FOODS  |
|---|---|
| Thick   | Small pieces like 3-4 inches or your forefinger length  |
| Soft  | Soft like kaju katli consistency  |
| Should not fall off the spoon.<br>Runny foods lack calories and nutrition and can fill up the stomach   | When baby presses it must break   |
|   |   |





## KEY NUTRIENTS

- ☐ Babies need to be given iron-rich foods. Animal foods/ plant foods like grains, beans, peas, lentils, dark green leafy vegetables should be offered.
- ☐ Vitamin C-rich foods help in increasing iron absorption
- ☐ Vitamin A-rich foods – yellow /orange colored fruits, vegetables, green leafy vegetables should be given.
- ☐ Babies need good fats like ghee, unsalted butter, coconut, etc. Normal cooking oil whichever the family uses can also be used

## IMPORTANT POINTERS

- Need not offer the same food for 3 or more days to check acceptance. A **new item** can be introduced every day.
- Work around the baby's schedule based on family meal time. You can offer **solids any time of the day** unless a certain food is being introduced for the first time which should be offered in the first half of the day to look out for allergies.
- Dinner is to be offered approximately 2 hours before bedtime
- **Pureeing or Mashing is not mandatory.** Though babies do not have teeth, their gums are strong enough to bite.
- Always allow the baby to feel and enjoy the texture which helps in self-feeding. By mashing, the fruit/veg loses its texture.
- **Do not** cook or **add formula** to the food. Keep food and feeds separate.
- Consider not to mask the original taste of the food by sweetening or adding liquids. It will be difficult to transition to family food.
- Do not always have backups or alternatives for foods of baby's choice. Just **offer** what the **family eats minus salt and sugar**.
- Keep offering **varieties** to avoid picky eating. Variety helps in acceptance and improving appetite.

## What not to offer:

|   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Cerelac</li> <li>• Biscuits</li> <li>• Juices</li> <li>• Packaged food</li> <li>• Processed food</li> </ul>      |    |
| <ul style="list-style-type: none"> <li>• Sugar</li> <li>• Salt</li> </ul>   |    |
| <ul style="list-style-type: none"> <li>• Cow's animal</li> <li>• Animal milk</li> </ul> <p>As it has complex proteins difficult for babies to digest.</p> |  |
| <ul style="list-style-type: none"> <li>• Small fruits like pomegranates, cherry might cause Choking hazards, offer after 9 months.</li> </ul>             |  |

## Water:

- A few sips of water can be offered post-meal meals mainly for oral hygiene. Prefer to use spoons or open cups for water.
- If the baby is breastfed on demand, water can be skipped. However, a few sips can be offered for oral hygiene.
- Formula or combination-fed babies – Water intake no more than 40 ml
- Boil water for 20 mins, cool and then offer.



### Avoiding wrong combinations:

- Calcium reduces iron absorption. Prefer not offering calcium and iron foods together and better to maintain 2 hrs gap.
- Milk + meat/fish/sprouted grains/ rice/bread
- Milk + banana/citric fruits/ fruit juice
- Milk + curd( hard to absorb and digest)
- Milk + nuts (Except dry fruits like dates, raisins and figs)
- Egg + bread/meat
- Beans+(Fruits/cheese/eggs/fish/milk/meat/yogurt)

### Constipation and poop:

- Raisins, pears, prunes, and plums can be offered to avoid constipation.
- Food in poop such as corn, carrots, etc are common
- Colored poop is common

## BABY POOP COLORS WHAT'S NORMAL?

*When they're  
breastfed*



*When they're  
formula fed*



*When they  
start solids*





## 6 MONTH BABY MEAL PLAN FOR A MONTH

| DAY 1                         | DAY 2                | DAY 3                             | DAY 4                              | DAY 5                 | DAY 6                      | DAY 7                  |
|-------------------------------|----------------------|-----------------------------------|------------------------------------|-----------------------|----------------------------|------------------------|
| Mashed boiled Yellow pumpkin  | Stewed Apple         | Rice kanji or porridge            | Mashed Sweet potato                | Mashed banana         | Ragi milk kanji            | Mashed Boiled Carrot   |
| DAY 8                         | DAY 9                | DAY 10                            | DAY 11                             | DAY 12                | DAY 13                     | DAY 14                 |
| Grated Pears                  | Wheat Porridge       | Mashed potato                     | Rice + Fried gram+ Ajwain Porridge | Grated Apple          | Millet Health Mix Porridge | Mashed cauliflower     |
| DAY 15                        | DAY 16               | DAY 17                            | DAY 18                             | DAY 19                | DAY 20                     | DAY 21                 |
| Mashed Boiled Peas            | Mashed Boiled potato | Pear Millet Milk Porridge         | Millet Health Mix Porridge         | Broken Wheat Porridge | Mashed Avocado             | Mashed Boiled Spinach  |
| DAY 22                        | DAY 23               | DAY 24                            | DAY 25                             | DAY 26                | DAY 27                     | DAY 28                 |
| Boiled Tomato + Pumpkin Puree | Mashed Papaya        | Mashed Boiled Lauki/ bottle gourd | Mashed Chikoo                      | Mashed Kiwi           | Ragi Porridge              | Mashed Boiled Beetroot |

### SAMPLE 6 MONTHS OLD BABY FOOD CHART IDEA (180-210 DAYS)

**NOTE : This is not the exact food chart to be followed. Please tweak it as per your need**

- Introduce new food in the morning to check for allergies or reactions. 3 DAYS RULE FOR TRYING NEW FOODS IS OBSOLETE NOW(not necessary)
- Start with anything vegetables, cereals, or fruits
- Start with semi-solids or solids after 6 months and not liquids.
- NEVER GRIND FOOD IN A MIXIE –It is very tough to transition babies to normal foods and also the nutrients are lost when food is broken to tiny bits







## 7 MONTHS OLD BABY MEAL PLAN (210-240 DAYS)

It is only a sample meal plan, you can tweak it as per your needs.

| DAY | MORNING (BREAKFAST)  | AFTERNOON (LUNCH)                                  |
|-----|--|--|
| 1   | Idly   | Rice +Toor Dhal +Ghee                              |
| 2   | Rava Moong dhal Kichadi with vegetables                    | Grated or mashed Carrot + rice                     |
| 3   | Mix veg Broken Wheat khichdi                               | Jeera peas rice (Hand mashed peas)                 |
| 4   | Dosa with grated carrot                                    | Tomato rasam rice with boiled egg (white )         |
| 5   | Millet's Health mix dosa                                   | Moong dhal +carrot + rice and Boiled egg (yellow ) |
| 6   | Carrot idly  | Pudina rice and potato fry                         |
| 7   | Rice+Moong dhal Kichadi +Cashew nut powder                 | Curd rice  |
| 8   | Dosa with grated beetroot                                  | Moong dal+ Spinach rice                            |
| 9   | Grated potato + wheat dosa                                 | Bisibellah bath (mix veg +thoor dal+moong dal)     |
| 10  | Beetroot Idly  | Cauliflower + peas rice                            |
| 11  | Aapam +coconut milk  | Pumpkin+ Drumstick sambar with rice                |
| 12  | Banana +wheat pancake +pista powder                        | Rasam rice + Sweet potato fry                      |
| 13  | Spinach dosa + Peanut powder                               | Chickpea rice (onion +tomato )                     |
| 14  | Egg dosa/plain dosa with chutney/sambar                    | Beetroot rice (onion+tomato+moong dal + beetroot ) |
| 15  | Paneer sticks/ Paneer Paratha                              | Snake Gourd with rice                              |
| 16  | Aval kanji/ poha porridge with coconut milk + Badam powder | Fish gravy with rice                               |

1. Gradually transition to solids with thicker consistency or hand-mashed solids
2. If the baby is still learning to chew and swallow, alternatively give kanji or semi-solids once in a while
3. Ragi, rice, banana, apple, and Health mix are stool binders so they constipate, give P fruits like Plums, Prune(dry plums), Dry grapes or raisins, Papaya, and Pineapple to loosen motion during difficult times. Even rava and whole wheat soften stool.(Give ragi, rice, and cereals during loose motion to tighten the stools and avoid fruits)





## 8 months + MEAL PLAN

### BREAKFAST

|        | Main dish  | Side dish  |
|--------|--|--|
| MON    | 1.Veg Idly(carrot or beetroot idly )<br>2.Plain dosa/idly with chutney or sambar<br>3.Aapam +coconut milk  | Sambar<br>Onion +tomato +garlic chutney  |
| TUE    | 1.Ragi dosa<br>2.Wheat +Besan flour +jeera powder roti or dosa<br>3..Broken wheat Upma/Kichadi (add onion & tomato)<br>4. Dosa (with grated beetroot )   | Coconut chutney<br>Mint chutney<br>Or any chutney without salt                       |
| WED    | 1.Green gram dosa with grated carrot<br>2. Wheat + Seed powder dosa<br>3. Tofu stuffed paratha<br>4. Paneer stuffed paratha  | Peanut chutney<br>Onion chutney<br>Sambar without salt and mildly spiced             |
| THU RS | 1.Banana wheat pancake+coconut (flakes)+Cardamom powder<br>2.Apple wheat pancake+ nuts powder (any nuts )<br>3.Ragi pancake with nuts paste /powder<br>4.Kerala banana pancake +coconut +cardamom powder | No side dish for pancake   |
| FRI    | 1.Besan chila/veg omlette<br>2.Apple and banana in oats soaked in almond milk<br>3. Multigrain dosa<br>4. Dal dosa/ adai dosa  | Carrot chutney,<br>Channa coconut curry<br>Coriander chutney<br>Curry leaves chutney |
| SAT    | 1. Rava upma+ vegetables<br>2. Vermicelli upma<br>3. Carrot dosa<br>4. Beetroot chappathi  | Rajma masala<br>Channa masala<br>Chutney varieties                                   |
| SUN    | 1. Multigrain dosa<br>2. Egg omlette<br>3. Multigrain/ ragi dosa   | Cabbage,<br>capsicum<br>or carrot chutney  |





## LUNCH

|       |   |
|-------|---|
| MON   | <ol style="list-style-type: none"> <li>1.Rajma Rice (Add lemon juice-few drops)</li> <li>2.Rasam rice+Ladies finger fry (can be given as finger food also )</li> <li>3.Spinach with dhal rice</li> <li>4.Sambar rice +Fish fry</li> <li>5.Turkey berry +dhal rice + Potato fry(finger food)</li> </ol>  |
| TUE   | <ol style="list-style-type: none"> <li>1.Pudhina rice + sweet potato fry</li> <li>2. Drumstick +pumpkin sambar rice (Drumstick - finger food)</li> <li>3.Mixed veg(carrot,peas,cauliflower, potato) +pudhina rice (like biryani )</li> <li>4. Chayote/ chow chow lentils stew rice +carrot fry</li> <li>5.Spinach +paruppu +Tindora fry (kovakaai poriyal)</li> </ol> |
| WED   | <ol style="list-style-type: none"> <li>1.Coconut milk rice + Potato fry</li> <li>2.Pumpkin sambar rice + carrot (finger food)</li> <li>3.Mixed veg(carrot,peas,cauliflower, potato) +pudhina rice (like briyani )</li> <li>4.Channa rice + Sweet potato fry</li> <li>5. Curd rice + beetroot</li> </ol>   |
| THURS | <ol style="list-style-type: none"> <li>1.Egg rice + Plantain fry</li> <li>2.Peas pulao</li> <li>3.Rasam rice + lady's finger fry</li> <li>4. Dhal rice with carrot</li> <li>5. Lemon rice + brinjal fry</li> </ol>  |
| FRI   | <ol style="list-style-type: none"> <li>1.Black Till(sesame powder rice +sweet potato fry</li> <li>2. Spinach dhal rice</li> <li>3. Carrot + Capsicum rice</li> <li>4. Beetroot dhal rice + egg</li> </ol>   |
| SAT   | <ol style="list-style-type: none"> <li>1.Cauliflower rice with peas</li> <li>2. Raddish sambar rice with beans fry</li> <li>3.Curd rice + lady's finger fry</li> <li>4. Rajma masala rice</li> </ol>  |
| SUN   | <ol style="list-style-type: none"> <li>1.Fish gravy rice</li> <li>2.Mutton kheema gravy + rice</li> <li>3.Mutton liver fry or shredded + rasam rice</li> <li>4. Rasam rice +mutton kola</li> </ol>  |
|       | <p>NOTE: Use Little millet, Barnyard millet and other millets in the place of rice whenever possible</p>  |





## DINNER

|    |   |
|----|---|
| 1. | Onion rava dosa (tryptophan helps in sleep) Rava upma or porridge<br>Rava khichdi   |
| 2. | Oats porridge (melatonin helps in sleep)<br>Oats dosa                               |
| 3. | Rice porridge (high glycemic index helps in sleep )<br>Rasam rice                   |
| 4. | Dosa different types<br>Veg dosa(Add purees to dosa mix) Idly<br>Aapam<br>Idiyappam |
| 5. | Wheat dosa (tryptophan)<br>Wheat chappathi  |
| 6. | Channa and other legumes<br>(dhal,peas etc in sidedish )(tryptophan)                |
| 7. | Walnuts + wheat porridge (serotonin)<br>relaxes brain and good sleep                |

NOTE:Give any chutney and other side dish from the breakfast menu chart





## INTRODUCTION TO NON VEG

By 8 months, start with egg white then give egg yellow. Later make it as an omlette or scrambled egg.

By 9 months, start non veg : mutton kheema, mutton liver and mutton heart.

By 10 months u can start fish, crab, prawns

By 12 months old , start giving chicken

AVOID NON-VEG SOUP, give meat in shredded, mashed or ground form .  
Animal foods are highest source of iron and proteins so do not wait till 1 year to introduce non veg food to prevent iron deficiency in babies. Babies can digest animal foods

## FOR VEGETARIANS and NON-VEGETARIANS

- 1.Include all dhals(toor dhal, moong dhal, channa dhal), channa , rajma, black sesame, cauliflower, spinach all green vegetables, and Colourful vegetables everyday,these are sources of protein and iron .Also, use lots of millets.
- 2.Use 1 green and 1 orange/red vegetable every day in baby food. Try to include 3 vegetables in a day and 1-2 fruits
- 3.Add vitamin c rich foods to absorb iron from food





## NUTRIENT WISE FOOD LIST

### Iron rich foods

HEME IRON-Easy to absorb by body

- Meat,liver ,organ meat-liver,heart
- Fish
- chicken

### NON HEME IRON-Plant sources

- Spinachi,Dried fruits and nuts,Millets(siru thaniyam)
- Legumes- channa,rajma,peas etc

### Vitamin C rich foods-FRUITS

- Citrus fruits-Orange,lemon,grape fruit
- Kiwi fruit
- Mango
- Papaya
- Pineapple
- Strawberries,blueberry,blackberry,raspberry
- Watermelon

### Vitamin C rich vegetables

- Broccoli
- Cauliflower
- Capsicum
- Green leafy vegetables
- Sweet potato and white potato
- Tomato

## SLEEP STIMULATING FOODS

- Tryptopan : Onion rava dosa, rava upma, rava kanji/ khichdi, wheat dosa, wheat chappathi
- Trytopan : Oats dosa, oats porridge
- Serotonin: Walnuts + wheat kanji
- Idly, appam, idiyappam







## SPICES POWDER

Dry roast and grind

- Jeera powder
- Coriander powder
- Pepper powder
- Cardomom powder
- Peanuts powder
- Nuts powder-Badam +cashew+pista
- Walnuts powder (Dont add in iron rich food )
- Zinc seeds powder- Pumpkin seeds+sesame seeds(black ellu)+ musk melon seeds +watermelon seeds + cucumber seeds (Each 10 g –Dry roast and grind )
- Sambar powder with no chillies
- Rasam powder with no chillies
- Garam masala powder with no chillies

## Add *Spices* To Baby's Food



Babies have a critical period for shaping their taste buds! The more you expose your baby to a variety of food/flavours between 6-12 months, the more likely they will accept a variety of food later in life!



You will continue the benefits of flavour exposure found in breastmilk. Breastmilk never tastes the same!



No indication that babies prefer bland food/can't handle strong flavours. Babies in Thailand eat Thai food, in India they eat Indian food...your baby can too!



Flavouring food with a variety of spices means you can add lots of interest and taste without the need for added salt/sugar.





## BABY FOOD RECIPES

1. Indian food recipes:  
<https://www.indianhealthyrecipes.com/indian-baby-food-recipe/>
2. North Indian food recipes  
<https://www.tarladalal.com/recipes-for-babies-1215>
3. Detailed day wise chart with bm/formula  
<https://www.tarladalal.com/recipes-for-babies-1215>
4. Porridge based recipes  
<https://www.hopscotch.in/blog/delicious-solid-food-recipes-for-6-month-old-babies-indian-recipes-included/>
5. South Indian Food blogger  
<https://gkfooddiary.com/toddler-food-recipes/>

Please note: Even if the above link advises to add salt/ sugar for babies < 1 year old, DONOT add salt or sugar!!

*Disclaimer: We are not promoting any of these websites or blogs. Watch it at your own discretion.*





## PRODUCT ESSENTIALS

| NAME                             | PREMIUM  | VALUE FOR MONEY   |
|----------------------------------|--|---|
| Bib                              | <a href="https://amzn.to/46YylQB">https://amzn.to/46YylQB</a><br><a href="https://amzn.to/45M8X4P">https://amzn.to/45M8X4P</a> | <a href="https://amzn.to/3txR2Br">https://amzn.to/3txR2Br</a>   |
| Weaning chair                    | <a href="https://amzn.to/3PZQRGS">https://amzn.to/3PZQRGS</a>  | <a href="https://amzn.to/46RIHHI">https://amzn.to/46RIHHI</a>   |
| Baby cutlery set                 | <a href="https://amzn.to/46WLD5h">https://amzn.to/46WLD5h</a>  | <a href="https://amzn.to/46SajvL">https://amzn.to/46SajvL</a>   |
| Baby dress specially for feeding | <a href="https://amzn.to/475a8xi">https://amzn.to/475a8xi</a>  | <a href="https://amzn.to/3QvZwIL">https://amzn.to/3QvZwIL</a><br><a href="https://amzn.to/3FxiGLn">https://amzn.to/3FxiGLn</a><br><a href="https://amzn.to/471GhGZ">https://amzn.to/471GhGZ</a> |
| Straw Cup                        | <a href="https://amzn.to/49kv2uu">https://amzn.to/49kv2uu</a><br><a href="https://amzn.to/40dfnZx">https://amzn.to/40dfnZx</a> | <a href="https://amzn.to/4992cwL">https://amzn.to/4992cwL</a>   |
| Portable cooker/ Heater          | <a href="https://amzn.to/3QwQF3e">https://amzn.to/3QwQF3e</a><br><a href="https://amzn.to/3tL8fHQ">https://amzn.to/3tL8fHQ</a> |   |



THANK YOU



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