



MyLittleMoppet Presents

A Complete Weaning Guide

Monthly Food Charts for Babies from six
to twelve months

About

Hi,

I am Dr.Hemapriya (*call me Hema, pls*) :)



I am a mommy two times over, a naughty 6 year old son and a bubbly 2 year old daughter. I have been where you are now, twiddling my thumbs as what to feed the baby today, how will she react and many other mommie troubles.

When it comes to motherhood, expect the unexpected.

The news of expecting the bundle of joy is un-parallel. While we get all pampered up during our pregnancy, rarely do we get to hear what to expect next, ie after child birth...ie.. apart from holding the tiny one close to our chest.

For some strange reason, no one warns a mother-to-be about the sleepless nights that are to come after child birth. Not to mention, the constant anxiety and self- doubt about the things we plan to do for our bundles of joy. Any apprehension is faced with "You will learn along the way" or "No one ever told us, and we raised you pretty good" or "What do u expect, a certificate course of motherhood?"

Things were just the same for me too. I had my share of anxiety, and apprehensions in spite of being a qualified doctor. Raising my son as a baby wasn't very difficult with my mom and mother-in-law around to help me. My Daughter was born far away from home and looking after my infant daughter sparked so many doubts and queries, be it either bathing or feeding her. This revelation was the inspiration for this blogging endeavor, to help parents like me who are far from their loved ones, and struggling to raise a baby on their own.

Through **MyLittleMoppet** I don't preach parents how to raise their kids, rather, share useful insights and information (as a mother and as a medical doctor) that will help them make an informed choice that is best for their kids. After all... you know what is best for your child.

Browse around, Read, and Ask. I am just an email away.

With Lots of Love

Hema

Email me at hema@mylittlemoppet.com.

Follow Us through **Facebook, Twitter, Pinterest, Google+** to get yummy recipes, workable diet charts and lots more !!

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Disclaimer: Please always consult with your paediatrician regarding introducing solid foods to your baby and specifically discuss any foods that may pose allergy risks for your baby.

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Introduction

by Dr Hemapriya

Weaning or complementary feeding refers to the gradual introduction of solid foods for an infant while continuing to breastfeed. It is a major milestone for both parent and child as they set forth on a new and exciting journey.

Weaning is particularly important in today's world, as healthy weaning sets the stage for good food habits later in life.

Regarding weaning, the most common query among new parents is about when to start weaning.

When to Start Weaning

Most Moms are confused about when to start solids for their little one. They are prejudiced by family, friends and doctors, and end up introducing solids too early.

But what do the experts say? The Indian Academy of Pediatrics (IAP) as well as the American Academy of Pediatrics recommend a weaning age of 6 months. Recent studies have shown that by introducing a variety of food groups to babies between 17 and 27 weeks of age greatly reduces the risk of chronic conditions like food allergies and celiac disease.

Now your pediatrician might have different views from the ones listed above, but ultimately the choice is entirely yours. However, it is definitely not recommended to start solids before the age of 4 months, as a study by the AAP has found that the introduction of solid foods before 4 months leads to a higher risk of obesity.

6 Month Food Chart

by Dr Hemapriya

Please follow the **3 Day Rule** while introducing new food to your baby.

Day	Morning	Mid morning	Lunch	Afternoon	Night
Day 1	Breastmilk	1 Tbsp Apple Puree	Breastmilk	Breastmilk	Breastmilk
Day 2	Breastmilk	2 Tbsp Apple Puree	Breastmilk	2 Tbsp Apple Puree	Breastmilk
Day 3	Breastmilk	3 Tbsp Apple Puree	Breastmilk	3 Tbsp Apple Puree	Breastmilk
Day 4	Breastmilk	1 Tbsp Carrot Puree	Breastmilk	3 Tbsp Apple Puree	Breastmilk
Day 5	Breastmilk	2 Tbsp Carrot Puree	Breastmilk	3 Tbsp Apple Puree	Breastmilk
Day 6	Breastmilk	3 Tbsp Carrot Puree	Breastmilk	3 Tbsp Apple Puree	Breastmilk
Day 7	Breastmilk	3 Tbsp Carrot Puree	Breastmilk	3 Tbsp Apple Puree	Breastmilk

7 Month Food Chart

by Dr Hemapriya

Day	Breakfast	Lunch	Early Dinner
Monday	Rice Cereal (HM)	Plain Khichdi	Apple Puree
Tuesday	Oats Porridge	Plain Pongal	Vegetable Soup
Wednesday	Sooji Kheer	Carrot Khichdi	Pear Puree
Thursday	Barley porridge	Plain Ghee Rice	Banana Puree
Friday	Oats Kheer	Flavoured Pongal	Grape juice
Saturday	Brown Rice Upma	Ragi Porridge	Carrot Beet Soup
Sunday	Potato Puree	Tomato Khichdi	Chickoo Puree

8 Month Food Chart

by Dr Hemapriya

Day	Breakfast	Mid Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Ragi Porridge	Cheese	Pumpkin Khichdi	Fruit FF	Wheat Cereal
Tuesday	Apple Pancakes	Scrambled Egg Yolk/ Bread FF	Sweet Pongal	Veg FF	Plain Khichdi
Wednesday	Oats Kheer	Apple Yogurt	Pepper Ghee Rice	Bread Sticks	Steamed Dosa
Thursday	HM Rice Cereal	Chicken/veg soup	Spinach Khichdi	Fruit FF	Homemade Cerelac
Friday	Plain Pancakes	Cheese sticks	Masala Pongal	Veg FF	Mashed Rotis
Saturday	Oats Banana Porridge	Plain Yogurt	Potato Khichdi	Fruit FF	Wheat Porridge
Sunday	Tofu Meal	Boiled Chicken/ Veg FF	Vegetable Rice	Bread Sticks	Idli

9 Month Food Chart

by Dr Hemapriya

Day	Breakfast	Mid Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Steamed Dosa	Veg soup	Plain Khichdi	Apple fingers	Homemade Cerelac
Tuesday	Sooji Kheer	Boiled Egg Yolk/Veg FF	Plain Pongal	Grape juice	Oats Porridge
Wednesday	Idli	Apple Sauce	Carrot Khichdi	Carrot fingers	Wheat Almond Porridge
Thursday	Plain Pancake	Bread Sticks	Plain Ghee Rice	Chickoo Mash	Sooji Porridge
Friday	HM Rice Cereal	Pumpkin Rava Sticks	Flavoured Pongal	Banana discs	Oats Apple Porridge
Saturday	Wheat Kheer	Yogurt	Vegetable Khichdi	Frozen Banana	Pongal
Sunday	Banana Pancake	Boiled Egg Yolk/Fruit FF	Tomato Khichdi	SweetPotato Finger	Brown Rice Cereal

10 Month Food Chart

by Dr Hemapriya

Day	Breakfast	Mid Morning Snack	Lunch	Evening Snack	Dinner
Monday	Sabudana Kheer	Chicken/Spinach Soup	Bottlegourd Khichdi	Apple Chips	Wheat Dalia Porridge
Tuesday	Veg Upma	Steamed Fish/Carrot Sticks	Jeera Rice	Seasonal fruit cubes	Mixed Fruit Oats Porridge
Wednesday	Wheat Pancakes	Chesse	Vegetable Khichdi	Vada	Sooji Porridge
Thursday	Oats Idli with curd	Baked Sweet Potato Fingers	Sweet Pongal	Stewed Apple	Homemade SathuMaavu
Friday	Jowar Porridge	Fruit Smoothies	Masoor Dal Khichdi	Steamed Veggie Sticks	Rice Cereal
Saturday	Mixed Grain Pancake	Palak Soup	Ragi Porridge	Avacado	Plain Khichdi
Sunday	Maize Porridge	Scrambled/Boiled Egg	Masala Khichdi	Vegetable Fritters	Sabudana Porridge

11 Month Food Chart

by Dr Hemapriya

Day	Breakfast	Mid Morning Snack	Lunch	Evening Snack	Dinner
Monday	Oats/Rava Idli	Fruit Milkshake	Curd Khichdi	Pear Chips	Veg Paratha
Tuesday	Aloo Matar Parota	Chicken/Veg Soup	Plain Pongal	Carrot Balls	Apple Oats Porridge
Wednesday	Banana Pancake	Mixed Veg Fingers	Masala Khichdi	Suji paneer Cutlets	Sabudana Porridge
Thursday	Mixed Veg Dosa	Fried Apple Rings	Pumpkin Khichdi	Corn Peas Patties	Wheat Sheera
Friday	Ragi Sheera	Baked Beet Sticks	Veg Pongal	Banana Pops	Sooji Porridge
Saturday	Aloo Parota	Spinach Soup	Masoor Dal Khichdi	Vegetable Manchurian	Homemade Cerelac
Sunday	Bajra Porridge/cheela	Baked fruit	Carrot Khichdi	Cheese Roll	Rice Cereal

12 Month Food Chart

by Dr Hemapriya

Day	Breakfast	Mid Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Puri Bhaji	Carrot smoothie	Plain Khichdi	Bread sticks	Barley Porridge
Tuesday	Besan ka chilla	Pepper Egg/Fried Apple	Fried Rice	Tomato juice	Steamed Dosa
Wednesday	Wheat Pancakes	Potato peas patty	Sambhar Rice	Cereal Snack Bars	Mixed flour roti
Thursday	sprouts pancake	Banana fingers	Ghee Rice	Apple milkshake	Sooji Porridge
Friday	Ragi Dosa	Chicken/veg Soup	Mixed Veg Khichdi	Bread Rolls	Paneer parantha
Saturday	Mini Idli	Banana Yogurt	Rajma Rice	Bread sticks	Oats Porridge
Sunday	Plain Pancakes	Cheese	Louki Khichdi	Ragi Laddu	Bread Upma

Helpful Tips for Weaning

by Dr Hemapriya

Weaning can be a confusing process for new parents initially, so here are some helpful links to make things easier.

- [When to Start Solids for your Baby](#)
- [How to Introduce Solids to Baby](#)
- [Getting Started with Baby Led Weaning](#)
- [Must Have Feeding Essentials for Starting Solids](#)
- [How to Sterilize Baby Feeding Equipment](#)
- [How to find out if your Baby has a Food Allergy](#)
- [Why Homemade Food Mixes are Better than Cerelac](#)

Baby Food Made Easy !!

Weight Gaining Health Mixes



Starting your baby on solids? Looking for nutrition packed, weight gaining food that is also easy to prepare? **Little Moppet Food's Health Mixes** is the perfect weight gaining food for your baby, made with over 12 natural ingredients.

An outstanding source of nutrition, SathuMaavu mixes has been trusted by generations of Indian parents. Now you can give your baby this unbeatable nourishment without spending time and effort in the kitchen!

Nutritious Homemade Health Drinks



Worried that your child is not eating enough? Relax. Just start their day with this nutrition-packed **Health Drinks** from **Little Moppet Foods**.

This 100% natural, homemade mix is loaded with essential nutrients from Ragi, Jowar, Bajra, Sesame seeds, Nuts and many more ingredients.

So even on those picky eating days you can be confident that your child will not miss out on essential nutrients.

Travel made Easy !!



Going on a holiday with your baby? Worried about food options for him/her. Relax !! Just order our **Instant Mixes**. The instant mixes are super easy and quick to prepare. Just add boiling water and voila! A piping hot and creamy bowl of wholesome, homemade food is ready for your bub!

Holidays are meant for relaxing, not for sitting in your hotel room sweating over the pressure cooker or induction stove. Don't worry. Our instant food mixes will make vacation meal planning a breeze for you.

Cereals - Perfect First Food !!



In most families across the globe, a baby's first food is generally cereal, usually rice and wheat. That is because they are easy to digest, mild in taste and easy to prepare. Cereals also make great bases for adding fruit, vegetables or meat as baby grows, and they also have fewer chances of causing an allergic reaction.

It is due to these reasons that we have launched our newest range of baby food products – **Baby Cereals!**

*We have got more
goodies !!*

*Did you like what you saw, then we have
more offers just for you !!*

*Get Rs 500 off for your purchase from our
MyLittleMoppet Store*

Get me the offer !!