



Pahlajani's
Women's hospital

First Foods for Baby

Nutritious and Healthy diet plan for
your New Born Baby!



BABY FIRST FOOD



- The role nutritious & healthy food plays in a child's development is immense. A **proper diet schedule** in the baby's upbringing is essential in the later stage.
- It is predominant to **provide different varieties of food in the right quantity** to babies to create fondness.
- **Never compare a baby with an adult** and feed them with a large amount of food.
- After all, a baby is a baby, go easy with them and ensure they are **fed in smaller portions in equal intervals**.
- Follow any diet schedule but see to it that they **get required forms of vitamins, proteins & minerals**.

BIRTH TO 6 MONTHS

- **The first food is always the mother's milk.** Breast milk is the only food for babies from the time they are born till six months. It creates a special affection between mother and baby.
- A **baby does not have resistance** power in the initial months & breast milk provides all the required nutrients for the baby to fight against colds, infections, allergies, etc.
- In case you are a working professional or concerned that you cannot produce sufficient breast milk, the best possible solution is talking to a professional or any breastfeeding support group.

- The first milk produced after the baby is born rich in Colostrum & immunoglobulin imparts all the fluids and nutrients to the newborn baby and keeps the baby safe from infections and allergies.
- Do not worry if your breasts don't feel heavy/full on the day of your baby's birth remember that you already have Colostrum to feed your baby.
- Your body keeps producing colostrum for some days after your delivery until the milk quantity improves and becomes more creamy or white.
- Initially, the feeding should be done once in 2-3 hours till you get used to the feeding pattern. Slowly, after you are producing enough milk & if the baby is sleeping, you can now keep a gap of 4 hours between each feeding time.



6 – 12 MONTHS

- It is time to introduce solids from the 6th month onwards.
- From 6th-month babies' first food should be iron rich rice cereal mixed with breast milk or formula.
- Once the baby gets accustomed to eating cereal from a spoon, you can soon introduce a fruit or vegetable into the regimen.
- Never overdo, always introduce new food one after another and there should be at least a significant gap when trying a portion of new food.
- Once the baby gets comfortable with the individual food, a mix of two foods can be provided.
- Wheat & non-vegetarian food should be offered after nine months because by that time they can bear hard and thick substances as they will be moving towards an adult diet.

- Soon after 9 months, finger food can be developed as the baby would understand finger coordination by then.
- A regular family diet can be provided for a one-year-old.
- Speak to the doctor first before offering any food that is prone to allergic reactions. Eg: Eggs, Nuts, Fish, etc.

DIET GUIDE FOR YOUR BABY



SUGAR

Excessive sugar consumption leads to tooth decay and obesity in the long run. In case you use baby food, look for those without added sugar.

SALT / SPICES

A baby is still a baby, hence avoid providing your baby with salty food for which their stomach is not yet prepared.

A small amount of mild spices like coriander and cumin is fine for the little older babies.

MILK AND MILK PRODUCTS

Provide breast milk or formula milk for drinks till the baby reaches 12 months. Later you can include whole buffalo/cow milk.

GLUTEN-CONTAINING FOODS

Gluten is a sticky protein substance found in wheat and related products like bread.

It is known to cause allergic reactions in some babies, that is why you need to wait for 6 months before including bread, cereal, biscuits in the diet.

Always breastfeed even when introducing new foods to them.

EGG

Please avoid eggs until 6 months or 26 weeks. Make sure you cook the eggs until the white and yolk are hard to avoid the risk of salmonella food poisoning.



Looking for a **hassle-free and safe delivery experience?**

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