

# COMPLEMENTARY FEEDING

## Complementary Foods

- ❖ When your baby is 6 months old, it is the time that solids should be gradually introduced in addition to breastfeeding.
- ❖ Iron-rich foods (e.g., jaggery, dates, peanuts, green leafy vegetables like methi, radish leaves etc.), iodized salt, vitamin A enriched food (e.g., yellow and orange fruits & vegetables like papaya, carrot, green leafy vegetables, milk & milk products etc.) are to be encouraged.

### Adding foods too soon may

Take the place of breast milk

Result in a low nutrient diet

Increasing risk of illness

Increase mother's risk of pregnancy

### Adding foods too late

Child does not receive nutrients needed

Growth and development slows down or stops

Risk of deficiencies and malnutrition

Increase risk of ill health



## Remember

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- ✚ Relax while feeding your baby.
- ✚ Only one food should be introduced at a time.
- ✚ Offer homemade local family food. Avoid spices and chillies.
- ✚ Food should be served to your child on a separate plate or in a bowl when he/she is one year old.
- ✚ Never force feed the child.
- ✚ Each meal must be made energy dense by adding sugar/jaggery & ghee/butter/ oil.
- ✚ Foods can be enriched by fermentation and germination.
- ✚ Always wash your hands before feeding and preparing the food for the baby.
- ✚ Encourage the child to eat, by talking, playing, paying attention and showing interest, love and affection.



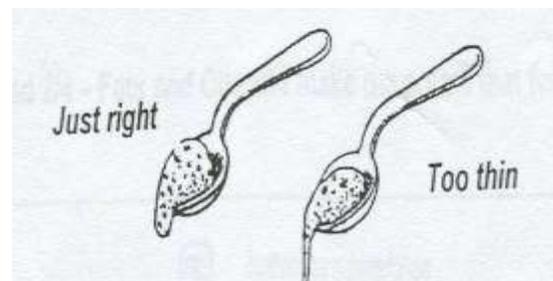
## Consistency & Frequency of Foods

Age (months)	Texture	Frequency	Average amount of each meal
6-8	Start with thick porridge, well mashed foods	2-3 meals per day plus frequent breastfeeding. Depending on appetite offer 1-2 snacks	Start with 2-3 tablespoonfuls increasing to ½ of a 250 ml cup
9-11	Finely chopped or mashed foods, and foods that baby can pick up	3-4 meals plus breastfeed. Depending on appetite offer 1-2 snacks	½ of a 250 ml cup/bowl
12-23	Family foods, chopped or mashed if necessary	3-4 meals plus breastfeed. Depending on appetite offer 1-2 snacks	¾ to one 250 ml cup/bowl

**Sample Food:** Mashed roti/bread mixed in thick dal with added ghee/oil or khichdi with added oil/ ghee. Add cooked vegetables also in the servings or Sevian/dalia/ halwa/Kheer prepared in milk or Mashed boiled potatoes.

Offer banana/biscuit/cheeko/ mango/papaya. 3 times per

day if breastfed. 5 times per day if not breastfed and 1-2 snacks. Consistency of food gradually needs to be changed from liquid to semisolid and then to solid with advancing age of the child.



## Role of AWW

- ❖ Educate families about complementary feeding, demonstrate preparing complementary foods.
- ❖ Counsel the mothers to take the children for weighing at AWC at least once in every three months and look for under nourished children.
- ❖ Counsel mothers not to ignore nutritional needs of girl child.
- ❖ You should advise mothers regarding the availability of supplementary food from AWC and ensure that all eligible children get their entitlement from the centre.
- ❖ Track the undernourished children and ensure that they get the supplementary food regularly. The weight gain in these children should be checked at regular intervals.
- ❖ Explain the importance of hand washing, sanitation and hygiene with regard to complementary foods.