

FOOD CHART FOR 6-MONTH-OLD BABY

The given food chart is to give you an idea of how to start solids for your baby. IT IS FOR REFERENCE ONLY. Please customize it as per your requirements/ comfort.

For example if you want to introduce dal ka pani first, then go for that first.

Formula would be heavier than breast milk hence formula feed babies might not receive the foods on the exact time as defined in this chart.

The timings given are just for reference. Adjust the timing according to your baby's schedule for both breastfeed and formula fed babies.

Always follow the 3 to 7 day rule while introducing new foods to your baby.

Consult your pediatrician if food allergy runs in your family.

You can start with any of these foods while starting solids in your baby's diet.

Grains/Cereals/Pulses: Oats, Barley, Rice, Semolina (Rava/Sooji), Split yellow gram (moong dal), whole green gram. Wheat can be introduced during the last week of 6th month.

Fruits: Apples, Peach, Banana, Avocado, Plums, Chickoo, Pear, and Dates

Vegetables: Carrots, French Beans, Sweet potato, Beetroot, Sweet Pumpkin

Non-Vegetarian foods: None

Dairy: None. Avoid giving cow's milk as the main drink till your little one is 1 year old. Stick to breast milk or formula till then.

Abbreviations used in the chart:

BM – Breast Milk

FM- Formula Milk

		Morning 7:00	Breakfast 9:30	Mid morning 11:30	Lunch 2:30	Mid evening 5:00	Dinner 7:30	Bed time 9:00
Week 1	Day 1	BM/FM	Apple Puree	BM/FM	BM/FM	BM/FM	BM/FM	BM/FM
	Day 2	BM/FM	Apple Puree	BM/FM	Apple Puree	BM/FM	BM/FM	BM/FM
	Day 3	BM/FM	Apple Puree	BM/FM	Apple Puree	BM/FM	BM/FM	BM/FM
	Day 4	BM/FM	Apple Puree	BM/FM	Apple Puree	BM/FM	BM/FM	BM/FM
	Day 5	BM/FM	Carrot Puree	BM/FM	Apple Puree	BM/FM	BM/FM	BM/FM
	Day 6	BM/FM	Carrot Puree	BM/FM	Carrot puree	BM/FM	BM/FM	BM/FM
	Day 7	BM/FM	Carrot Puree	BM/FM	Carrot puree	BM/FM	Apple Puree	BM/FM

		Morning 7:00	Breakfast 9:30	Mid morning 11:30	Lunch 2:30	Mid evening 5:00	Dinner 7:30	Bed time 9:00
Week 2	Day 1	BM/FM	Apple puree	BM/FM	Carrot puree	BM/FM	Carrot/apple puree	BM/FM
	Day 2	BM/FM	Dal Ka pani	BM/FM	Carrot/Apple Puree	BM/FM	Carrot/Apple puree	BM/FM
	Day 3	BM/FM	Dal Ka Pani	BM/FM	Dal Ka Pani	BM/FM	Carrot/Apple Puree	BM/FM
	Day 4	BM/FM	Dal ka pani	BM/FM	Apple Puree	BM/FM	Dal ka pani	BM/FM
	Day 5	BM/FM	Carrot Puree	BM/FM	Dal ka pani	BM/FM	Apple puree	BM/FM
	Day 6	BM/FM	Rice gruel/soup	BM/FM	Carrot/ apple puree	BM/FM	Dal ka pani	BM/FM
	Day 7	BM/FM	Rice gruel/soup	BM/FM	Rice gruel/soup	BM/FM	Carrot puree/apple puree	BM/FM

		Morning 7:00	Breakfast 9:30	Mid morning 11:30	Lunch 2:30	Mid evening 5:00	Dinner 7:30	Bed time 9:00
Week 3	Day 1	BM/FM	Dal Ka pani	BM/FM	Apple/carrot puree	BM/FM	Rice gruel/soup	BM/FM
	Day 2	BM/FM	Avocado puree	BM/FM	Rice gurel	BM/FM	Dal ka pani	BM/FM
	Day 3	BM/FM	Avocado puree	BM/FM	Avocado puree/dal ka pani	BM/FM	Carrot/apple puree	BM/FM
	Day 4	BM/FM	Avocado puree	BM/FM	Rice gruel/soup	BM/FM	Dal ka pani	BM/FM
	Day 5	BM/FM	Dal ka pani	BM/FM	Apple/carrot puree	BM/FM	Avocado puree	BM/FM
	Day 6	BM/FM	Sweet potato mash	BM/FM	Apple/carrot puree	BM/FM	Rice gruel/soup	BM/FM
	Day 7	BM/FM	Dal ka pani	BM/FM	Sweet potato mash	BM/FM	Avocado puree	BM/FM

		Morning 7:00	Breakfast 9:30	Mid morning 11:30	Lunch 2:30	Mid evening 5:00	Dinner 7:30	Bed time 9:00
Week 4	Day 1	BM/FM	Dal ka pani	BM/FM	Apple/Carrot Puree	BM/FM	Sweet potato mash	BM/FM
	Day 2	BM/FM	Sweet potato mash	BM/FM	Rice gruel	BM/FM	Avocado mash	BM/FM
	Day 3	BM/FM	Banana puree	BM/FM	Dal Ka Pani	BM/FM	Carrot/Apple Puree	BM/FM
	Day 4	BM/FM	Sweet potato and lentil mash	BM/FM	Banana Puree	BM/FM	Avocado mash	BM/FM
	Day 5	BM/FM	Banan puree	BM/FM	Dal ka pani	BM/FM	Apple/carrot puree	BM/FM
	Day 6	BM/FM	Avocado mash	BM/FM	Sweet potato mash	BM/FM	Banana puree	BM/FM
	Day 7	BM/FM	Suji porridge	BM/FM	Sweet potato and lentil mash	BM/FM	Banana/carrot /apple/avocado puree	BM/FM