

FOOD CHART FOR A 7 MONTH OLD BABY

The given food chart is to give you an idea on what and how to feed your seven month old baby. **IT IS FOR REFERENCE ONLY**. Please customize it as per your requirements/ comfort.

The timings given are just for reference. 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. 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.

Breastfeed your baby on demand.

Consult your pediatrician if food allergy runs in your family.

The food items that is safe to include in a seven month olds diet are:

Grains/Cereals/Pulses: Rice, Ragi, Semolina (Rava/Sooji), Split yellow gram (moong dal), Whole green gram, , Barley, Sabudhana, Wheat, Oats. No mansoor dal and toor dal.

Fruits: Banana, Apple, Pears, Mangoes, Peach, Plums, Prunes, Avocado, and Papaya. No citrus fruits.

Vegetables: Sweet potato, Carrots, Green beans, Beetroot, Pumpkin, Peas, Zucchini, Spinach, kidney beans

Non-Veg: None

Dairy: Butter, Ghee, And Plain Yogurt

Spices: None

Food Chart For 7-Month-Old Baby

| | Morning 7:00 am | Breakfast 9:30 am | Mid Morning 11:30 am | Lunch 2:30 pm | Mid Evening 5:00 pm | Dinner 7:30 pm | Bedtime 9:00 pm |
|-------|--------------------|-------------------------------------|-------------------------|--|------------------------|-----------------------------|--------------------|
| Day 1 | BM/FM | Moongdal Khichdi | BM/FM | Carrot Beetroot Puree | BM/FM | Apple Puree | BM/FM |
| Day 2 | BM/FM | Brown Rice Moong dal Porridge | BM/FM | Spinach Soup | BM/FM | Lentil Soup with Veggies | BM/FM |
| Day 3 | BM/FM | Kerala Banana Mash | BM/FM | Mix Vegetable Soup | BM/FM | Chikoo Puree | BM/FM |
| Day 4 | BM/FM | Ragi Porridge | BM/FM | Suji Porridge With Beans and Carrots | BM/FM | Pear Puree | BM/FM |
| Day 5 | BM/FM | Sweet Potato Mash | BM/FM | Carrot-Dal Mash | BM/FM | Spinach Soup | BM/FM |
| Day 6 | BM/FM | Broken Wheat Porridge | BM/FM | Sweet Potato and Lentil Soup | BM/FM | Carrot Puree | BM/FM |
| Day 7 | BM/FM | Raw Banana Porridge | BM/FM | Carrot and Beetroot Soup | BM/FM | Lentil soup | BM/FM |

BM= Breast Milk
FM= Formula Milk

You can refer to our homemade baby food recipes suitable for seven month olds. Click the food name to get the full recipe. These are just a few options you can try for your 7 month old baby.

- [Raw banana powder porridge](#)
- [Avocado puree](#)
- [Sweet potato and lentil mash](#)
- [Carrot-dal mash](#)
- [Carrot – Rava Porridge](#)
- [Carrot and beetroot soup](#)
- [Mixed Vegetable soup](#)
- [Lentil Soup](#)
- [Spinach Soup](#)
- [Ratatouille](#)
- [Kerala Banana mash](#)
- [Banana Sheera Without milk](#)
- [Ragi porridge](#)
- [Brown Rice Moong Dal Porridge](#)
- [Moongdal Khichdi](#)