

Food Chart For A 9-Month-Old Baby

This sample food chart for the 9-month-old is to give you an idea on what and how to feed your baby at this stage.

IT IS FOR REFERENCE ONLY. Please customize it as per your requirements/ comfort.

The timings given are just for reference; adjust as per your baby's sleeping or feeding schedule.

Formula would be heavier than breast milk hence formula feed babies might not receive the foods on the exact time intervals 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 on demand.

Consult your pediatrician in case of food allergy.

The food items that is safe for your nine month old are given below:

Vegetables: Almost all veggies

Fruits: All fruits including citrus fruits

Grains/Cereals/Pulses: All grains and pulses including toor dal and masoor dal, chickpeas.

Dairy: Pasteurized cheese, whole milk yoghurt, Butter, Ghee, Paneer

Non-Veg: Egg yolks, chicken, fish (no shell fishes)

Spices: Asafetida, cinnamon, cardamom, bay leaf, cloves, coriander, curry leaves, mustard, fennel, fenugreek, nutmeg, turmeric, garlic.

Some recipes for the nine-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](#)
- [Sabudana Khichdi](#)
- [Chicken Soup for Babies and Kids](#)
- [Chicken, Apple and Sweet Potato Mash](#)
- [Broccoli Cheese Soup/Mash](#)

- [Vegetable Clear Soup with Broccoli and Carrots](#)
- [Vegetable Soup with Spinach and Sprouts](#)
- [Ragi Dosa](#)
- [Aamras Recipe](#)
- [Ragi idli](#)
- [Homemade Rice Noodles or Sevai](#)(in 6 mouthwatering flavors)
- [Tomato rice](#)
- [Tomato rasam for cold and cough](#)
- [Rice recipes](#) (15 varieties)
- [Egg recipes](#)(8 easy recipes)

Here sample food charts for a week for non-vegetarian and vegetarian babies are included separately.

FAQs on how to include non-vegetarian food in baby's diet is answered [here](#).

For vegetarian babies, always try to combine sources of both essential and non-essential amino acids together. This will ensure proper intake of proteins that they may miss, as they are not eating fish/meat/egg. For example combine rice and dal/legumes together, bread sticks and cheese etc. to ensure proper protein intake. Include more curd and yogurt in diet and also give beetroot, spinach and green leafy vegetables to maintain required amount of folic acid and iron.

Feeding Schedule For A 9-Month-Old Non-vegetarian Baby

	Morning 7:00 am	Breakfast 9:30 am	Mid Morning 11:30 am	Lunch 1:30 pm	Mid Evening Snack 5:00 pm	Dinner 7:30 pm	Bedtime 9:00 pm
Day 1	BM/FM	Dosa with chutney	BM/FM	Rice with scrambled egg yolk	Vegetable soup	Plain sevai	BM/FM
Day 2	BM/FM	Ragi idli	BM/FM	Vegetable Khichdi with yogurt	Any Fruits	Chapathi soaked in dal	BM/FM
Day 3	BM/FM	Kerala banana mash	BM/FM	Rice with shredded chicken	Carrot halwa	Dosa with boiled vegetables	BM/FM
Day 4	BM/FM	Curd Sevai	BM/FM	Rice with rasam	Egg cheese scramble / chicken soup	Lemon Sevai	BM/FM
Day 5	BM/FM	Banana sheera without milk	BM/FM	Rice with fish and vegetables	Any Fruits	Ragi Dosa	BM/FM
Day 6	BM/FM	Whole wheat dosa and a fruit juice	BM/FM	Vegetable pulao with curd	Cheese Sticks	Dal Khichdi	BM/FM
Day 7	BM/FM	Idli with chutney	BM/FM	Egg fried rice	Flavored Yogurt	Vegetable Khichdi	BM/FM

BM= Breast Milk

FM= Formula Milk

Food Schedule For 9-Month-Old Vegetarian Baby

	Morning 7:00 am	Breakfast 9:30 am	Mid Morning 11:30 am	Lunch 1:30 pm	Mid Evening Snack 5:00 pm	Dinner 7:30 pm	Bedtime 9:00 pm
Day 1	BM/FM	Lemon sevai	BM/FM	Rice with Curd and Vegetables	Mixed fruits salad as finger food	Idli with chutney	BM/FM
Day 2	BM/FM	Kerala banana mash	BM/FM	Rice with dal curry and spinach	Plain/ flavored yogurt	Vegetable pulao	BM/FM
Day 3	BM/FM	Ragi dosa	BM/FM	Rice with spinach soup	Any fruits	Dosa with chutney	BM/FM
Day 4	BM/FM	Chapathi soaked in dal curry	BM/FM	Curd Sevai	Vegetable Soup with spinach and sprouts	Brown Rice Moong dal Porridge	BM/FM
Day 5	BM/FM	Dosa	BM/FM	Ghee rice with steamed veggies	Plain or flavored yogurt	Vegetable khichdi	BM/FM
Day 6	BM/FM	Ragi Idli	BM/FM	Moongdal khichdi	Carrot beetroot soup	Whole wheat dosa	BM/FM
Day 7	BM/FM	Banana sheera without milk	BM/FM	Rice with ghee and any legumes	Paneer/cheese cubes	Chapathi soaked in dal	BM/FM

BM= Breast Milk

FM= Formula Milk