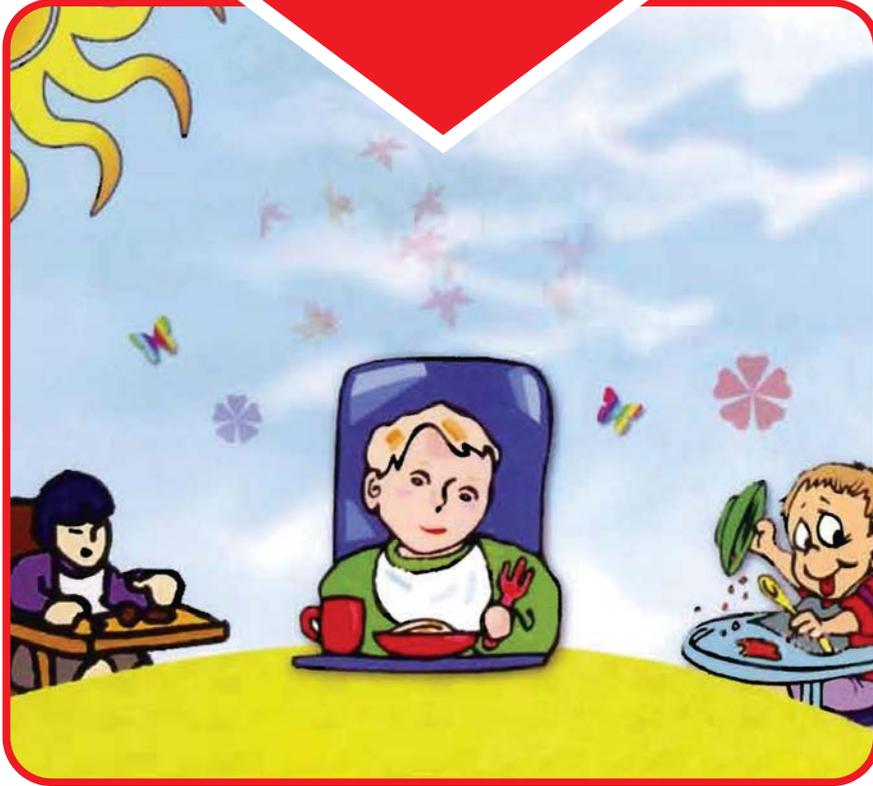


# Introducing Solid Foods

A Guide for Patients/Families



Department of Nutrition and Food Services



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



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## **Weaning Diet or Introducing Solid Foods**

Nature provides the ideal nourishment for babies: breast milk. Medical and nutrition experts highly recommend breastfeeding during an infant's first year of life. Breast milk alone can provide enough nourishment to support the baby's optimal growth and development during the first six months of life. But as they grow older, they need to have other sources of nutrition to help with growth and development.

### **What is Weaning?**

Weaning is the process of introducing solid foods into the baby's diet in order to fulfil their growing nutritional needs. It is a gradual process, but by the time they are one-year-old, most children will be eating chopped, mashed family food.

### **When to Begin?**

Recommendations are for exclusive breastfeeding until the baby reaches six months age; all infants, breastfed or formula-fed, should be weaned at six months. However, some parents may wish to wean earlier, though four months should be considered the earliest age to start weaning.

Pre-term born babies need to be weaned according to their individual needs, advice for which should be sought from the dietitian and the medical team.

## **Infant Feeding Plan**

### **A Basic Guideline**

The following guide offers a general timeframe for introducing baby food. This timeframe may vary from baby to baby as they differ in size, appetite and readiness for solid foods. Your baby's doctor, paediatric nurse and dietitian will recommend an eating pattern to meet the baby's individual needs.

<b>Age range</b>	<b>Consistency</b>	<b>Foods</b>
Six-eight months	Smooth thin pureed foods	Fruits, vegetable, rice, khichri, potatoes
Eight-ten months	Thicker consistency with some lumps; soft-finger foods can also be introduced at this stage	Fruits, vegetable, rice, potatoes, pulses, chicken, bread, khichri, cereals
Ten-twelve months	Mashed, chopped, minced consistency, more finger foods.	Fruits, vegetable, rice, potatoes, pulsed, bread, kitchri, cereals, eggs, meat
Twelve months and older	Mashed, chopped family food and a variety of finger foods	Fruits, vegetable, rice, potatoes, custard, pulses, yoghurt, bread, cereals, eggs, cheese, meat, fish

### **What Kind of Foods Should be Used?**

- Start with smooth foods that are easy to swallow;
- Five meals should be given with frequent intervals.
- At about six to nine months of age, most babies enjoy drinking from a cup or at least try to use it;
- At about nine to twelve months of age, introduce finger foods: soft, ripe fruit without peels seeds. Cooked vegetables are good for tiny fingers;
- Teething biscuits, bread sticks and rice cakes are good natural teethingers for your baby;
- Do not restrict fat. Growing babies need the energy and essential fatty acids that fat provides;



## **Choice of Infant Foods**

- Infant food should be selected to provide variety, balance and moderation;
- It is best for children to be weaned on the foods that the family eats. Homemade infant foods can be nutritious as compared to commercially prepared ones;
- Ingredients for homemade food should be fresh, whole foods without added salt, sugar or seasonings;
- Fat restrictions do not apply to children under the age of two years. In fact, infants and young children need more fat than older children and adults due to their rapid growth.

## **Solid Foods: What Comes Next?**

- Start with rice cereal. It is often best as the first cereal because it is least likely to cause allergic reaction:
- When it comes to your baby's first cereal feeding, keep the cereal mixture thin.
- always give each single food 3-4 days till the baby accepts the taste & then introduce new food.



Try single food first: for example....

**Fruits:** Apple sauce, peaches, plums, bananas,

**Vegetables:** Sweet potato, carrot, squash, peas, green beans.

**Protein:** Chicken, legumes and egg yolk.

### **Which Foods Should be Avoided**

**Salts:** Between seven months and one year, salt should not be added to foods and salty foods such as processed meat, cheese and other processed food should be avoided.

**Sugar:** Avoid adding sugar to foods and drinks for babies.

**Honey:** Honey should not be given to children under one year of age.

### **Points to remember**

Throughout the first year breast milk or formula continues to be your baby's most important source of nutrient & energy. Introduce food gradually after six months.

## Food Allergies:

- Some babies are sensitive to certain foods. You will know by their reaction - perhaps a rash, wheezing, diarrhoea, or vomiting;
- As you introduce new foods, offer one new food at a time;
- Foods such as peanuts, tree nuts, eggs, fish and wheat may contain allergies.

## Important Note:

Food provided during hospitalization to patients is disease specific and during stay food from outside hospital is not permitted. Written and verbal instruction related to dietary restrictions is explained by clinical nutrition staff, where applicable.

### Outpatient Nutrition Care Clinics

#### **Nazerali walji building (NW 2)**

Phone: (021) 3486-5789-90  
Monday to Thursday  
Timings: Morning 9.00am -11.00am

#### **Consulting Clinic (CC 4)**

Phone: (021) 3486-1034  
Friday  
Timings: Afternoon 2.00pm - 4.00pm

#### **Gastroenterology Clinic (JHS Building)**

Phone: (021) 3486-1055/ 3486-6308  
Thursday  
Timings: Morning 9.00am - 12.00pm

#### **Sports & Rehabilitation Clinic (Sports Centre)**

Phone: (021) 3486-1662  
Tuesday  
Timings: Morning 9.00am -11.00am