



Food chart for 7 months old baby

Food Items :	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Time:						
Early Morning	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk
Breakfast Time	Papaya puree	Pumpkin kheer	Suji kheer	Ragi porridge	Oats cereal	Sweet potato mash
Mid-Morning	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk
Lunch	Rice porridge with moong dal	Suji porridge	Ragi apple halwa	Mix veg Dalia/lapsi	Suji upma with veggies	Rice porridge with moong dal
Evening Snack	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk
Dinner	Mix veg Dalia/lapsi	Wheat cereal	Soft Khichdi	Wheat cereal	Soft Khichdi	Wheat cereal
Bedtime Snack	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk



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Mommy's Magazine
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