

Food chart for eight 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	Oats banana porridge	Stewed fruits	Avocado mash	Ragi porridge	Rice cereal with stewed apple	Ragi dosa
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	Idlis (soaked in dal)	Mashed khichdi with plain vegetables	Plain curd rice	Pumpkin and carrot mash	Sooji upma with veggies	Pumpkin khichdi
Evening Snack (Milk can be replacement)	Steamed sweet potato	Yoghurt	Fruits	Apple smoothie	Cottage cheese as finger food	Apple Smoothie
Dinner	Moong dal with rice	Uttappam	Idli soaked in vegetable soup	Sooji kheer	Mashed khichdi	Bottle gourd vegetable with rice
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

