

Food chart for Nine months to 1 year 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 cereal	Suji kheer	Utappam	Ragi porridge	Idli/ steamed dosa	Whaet halwa/ cereal
Mid-Morning	Veg soup	Chickoo or any seasonal fruit smoothie	Any fruit as finger food	Fruit yoghurt	Veg soup	Any fruit as finger food
Lunch	Carrot and mashed potato khichdi	Rice with dal and vegetables	Rice with moong dal (lentil soup)	Curd rice	Bottle gourd khichdi	Curd rice
Evening Snack	Banana smoothie	Carrot/ tomato soup	Any cooked cut vegetables	Potato or fruit salad	Apple/ banana	Homemade cookies/ veg soup
Dinner	Utappam	Ragi dosa with coconut chutney	Potato khichdi	Chapatti soaked in dal	Plain sevai	Rava idli
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

