

WEANING FOODS FOR INDIAN CHILDREN



Department of Community Medicine
St. Johns Medical College
Bangalore-560 034

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Till the age of 3-4 months breast milk alone is sufficient for your baby. After this period, weaning should be started. Otherwise the child's growth will be affected. By weaning is meant the gradual change over from a predominant liquid diet to a solid diet. Delayed weaning and faulty weaning are reasons for malnutrition in children. However even after the introduction of solids, breast feeding should be continued for as long as possible.

It is not necessary to go for costly solid baby foods. Resorting to these feeds can be dangerous since the high cost may force them to use dilute and infrequent feeds. In this booklet we have given a list of simple and cheap recipes which can be used as weaning foods. These are all locally available and do not require complicated methods for preparation. The measured amounts for each recipe are for one feed. Any recipe may be chosen and monotony can be avoided by changing the recipes when required. To start with, feeds are given once a day and later can be given twice or thrice a day. For all the preparations a semi-solid consistency is preferred than a liquid or solid consistency and can be gradually made thicker, depending on the acceptance of the baby. The information given in this booklet is meant for lay mothers to give them a basic idea about nutrition. Only the important nutrient components of each recipe are highlighted.

For further details please contact :

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1. Kichadi

Rice - 1/2 cup, Moong dhal - 3 spoon, Jaggery - 1 piece (1" X 1" X 1") Ghee - 1/2 teaspoon, Salt to taste.

Methods of preparation :

Fry moong dhal using little ghee. Wash the rice mix it with dhal and cook & add jaggery & salt after cooking.

This provides energy for the child & also helps in the growth of muscles.

2. Potato vegetable mix

Potato - 2, Green leafy veg-50gms Salt to taste.

Cook potatoes, peel & mash them. Cook green leafy vegetables & mix with mashed potatoes-add salt to taste

This apart from providing energy prevents anaemia in the child.

3. Sweet potato mix

Sweet potato - 2, Jaggery - 1 piece (1" X 1" X 1") Ghee/ Butter/oil - 1/2 teaspoon.

Boil potatoes & Mash them. Add jaggery powder & fat

This apart from providing energy. prevents anaemia in the child.

4. Banana shake

Banana - 1, Jaggery - 1 piece, Milk - 1/2 cup

Mash banana-mix it in milk; add jaggery

This is ideal for development of teeth & bones.

5. Ragi malt

Ragi - 1/2 cup, Milk - 1 cup, Sugar - 2 teaspoons.

Soak ragi for 3-6 hours in water. Dry it in sun. fry it & powder. Sieve the powder using a thin cloth. The fine powder should be mixed in hot milk and sugar Large quantities of the powder can be prepared at a time in the above

fashion & stored for longer use.

This is good for the children's teeth & bones. It prevents anaemia in children.

6. Idli

Parboiled rice - 4 cups, Urad dhal - 1 cup, Salt to taste

Soak rice & dhal for 12 hours Grind into a smooth paste. add salt to taste. Steam them after 10-12 hours.

This provides Protein which helps in muscle development. This is also rich in some vitamins.

7. Carrot porridge

Carrot - 2, Milk 1/2 cup, Sugar 2 teaspoons.

Grate the carrot and boil with little water. Add milk and sugar and mix.

This is good for the children's sight.

8. Egg pudding

Egg-1, Sugar-2 teaspoons, Milk-1/2 cup.

Boil egg - the yellow part is mixed with milk & sugar.

This gives energy & builds the fat stores of the child.

9. Fish rice

Cooked fish (remove bones)-3 teaspoons, cooked rice-9 teaspoons, Ghee 1/2 teaspoon, salt to taste.

Mix and serve.

This helps in bone and muscle growth.

10. Carrot curds

Cooked rice-1/2 cup, Carrot-1, Curds-3 teaspoons, salt to taste.

Grate & boil carrot. Mix it to rice & curds and add salt to taste.

This provides Vitamin A which is good for eye sight.

11. Wheat porridge

Wheat flour-6 teaspoons, Jaggery-1 piece (2''X2''X2'')
Milk-1/2 cup, Ghee-1 teaspoon.

Roast wheat flour. Mix it with hot milk. Add jaggery & Ghee and cook again for 5-6 minutes.

This provides energy to the child.

12. Uppuma

Soji-1/4 cup, Water-1 cup, Ghee-1/2 teaspoon, Salt to taste.

Fry soji with little ghee. Boil water. Add rest of ghee and salt. Add soji, simmer it for a few minutes.

13. Vegetable mix

Potato-1, Carrot-1, Beans-4, salt to taste.

Grate the carrot, cut beans into small pieces. Cook these along with potato. Mash the potato. Mix all the vegetables add salt and serve.

14. Gandhi mithai

Ground nut-9 teaspoons. Jaggery-3 pieces (1''X1''X1''), Ghee-1/2 teaspoon.

Roast groundnuts & powder. Dissolves jaggery, water & boil till you get a syrupy consistency. At that time add groundnut flour & ghee. Roll them into small balls.

This prevents anaemia. Provides energy-helps in growth of bone and muscle.

15. Dhal mithai

Groundnut-3 teaspoon, Green gram dhal-3 tsf., Toordhal-3 teaspoon, Jaggery-2 pieces (1''X1''X1'') Water 1 cup.

Roast nuts & dhal powder. Boil water add powder, nuts & dhal add jaggery-roll them into small balls.

This prevents anaemia, provides energy, helps in growth of bone and muscle.

16. Usali

Bengalgram-6 tsp, Jaggery-1/2 tsp, Salt.

Soak bengalgram in water for 6 hours. Boil them. Mash and add jaggery/salt.

This prevents anemia provides energy-helps in growth of bone and muscle.

17. Meat rice

Minced cooked meat-2 tsf. Cooked rice-1/2 tsp, Curds-3 tsp, salt to taste.

Mix all and serve.

This is a good source of protein for the child.

18. Egg potato

Potato-1, Egg-1, Jaggery/sugar-1/2 tsp. (1''X1''X1'')

Boil & mash potato. Boil egg & mix yellow of egg to the mashed potato - add jaggery/sugar.

This is a good source of protein for the child.

19. Vegetable curry

Cooked cabbage-3 tsp. Grated cooked carrot- 3 tsp. Cooked beans-6 tsp. Salt to taste.

Mix all and serve.

This gives minerals needed for the child's growth.

20. Khesari bath

Soji-1/2 cup, Sugar 4 tsp, Milk-1/4 cup, Water-1/4 cup, Ghee-2 tsp.

Fry soji with little ghee. Boil milk & water. To this add soji, sugar & ghee. Simmer it for a few minutes.

This provides energy for the child.

21. Fruit juices

Orange juice, Mosombi juice, Grape juice, Water melon juice, Tomato juice, Sugarcane juice, Sugar to taste.

These fruit juices are freshly prepared & can be given alone or in combination depending on the seasonal availability of the fruits.

22. Bread porridge

Bread-2 slices, Milk-1/2 cup, Sugar-3 tsp.

Break bread into small pieces. Soak in milk, add sugar and serve.

Gives energy to the child.

23. Pumpkin besan

Sweet pumpkin-110 gms. Besan flour-3 tsp, Oil 2 tsp, Mustard seeds, salt to taste.

Grate pumpkin & cook. Roast besan flour & sprinkle it over the pumpkin & cook again for 1-2 minutes. Add salt to taste-Season mustard seeds in the oil & add to the above mixture.

This is good for the child's eye sight.

Immunizations to be done for a child from birth onwards :

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|---------------------|---|---|
| 3rd month | : | Triple antigen & polio drops & BCG |
| 4th month | : | " |
| 5th month | : | " |
| 9th to 11th month | : | Measles |
| 18th to 24th months | : | 1 booster - Triple antigen & polio drops |
| At school entry | : | II booster - DT and polio; Typhoid I & II doses |
| 10 years | : | Inj. T T; Typhoid vaccine |
| 15 years | : | Inj. T T; Typhoid vaccine |