



NUTRITION PLAN FOR BABIES

CATAGORY: KIDS

AGE: 6 TO 24 MONTHS

ACTIVITY: TODDLERS

NUTRITION: VEG & NON-VEG

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BABY NUTRITION PLAN

Infant Development & Growth

Some children do not develop at the same rate as others; there are children who have special needs, and take their time in their development. The growth of an infant is truly amazing, this stage is delicate for them as in this stage they require the best care, most nutrition, and this stage helps shape their physical abilities for the future. If a child is given enough nutrients, the child will develop a strong immune system. On the other hand, let us assume there is a child who has not been given enough nutrition; he/she will most likely suffer from problems such as malnutrition, a weak immune system, and this can lead to fatal diseases, which can tamper with their physical and mental development. When an infant is born, it is likely to gain double the weight it had been born with within 4-5 months. Let us assume the baby was 6 lbs at birth. So this means when the baby is about 5 months old, the weight should vary between 12-13. The same goes for the height of the child, if the child has been getting enough supplements, it will be reflected in his or her growth and development. This figure triples as the child turns 1 year old.

Nutritional Requirements of Infants

Babies do not have many sources of nutrition when they are born; they become dependent on their mothers for their breast milk which provides them with the supplements which they need in order to fulfill that need. The requirement of an infant are different from what we adults need and as the baby grows, the need for their nutrients and nutrition also changes. The first few months the baby is on the mother's milk, but after that baby can have baby food, which is a special formula. Insufficient nutrients can create many problems for the child as it grows older, not just health wise, but also development wise. The bone structure of the child will not be as strong as compared to a child who has their nutrition requirements met. The bones will be delicate and since the bones are not completely developed, as the child grows, chances of acquiring arthritis will also increase.

Mother's Feed

There are many reasons why the breastfeed from the mother is very beneficial for the baby; these benefits include:

- Provides nutrition to the new born
- Offers sufficient nutrients, and helps in the development of the immune system
- Is light on the digestive system of the baby as well as the kidneys
- Breast milk protects the baby from life threatening diseases
- Mother can feed child instantly when the child is hungry
- Emotional growth and attachment develops between mother and child through this physical contact.

Nutrient intake before birth and during the first few years of life greatly affects overall health, growth and cognitive ability. Undernourishment can stunt growth and cause developmental delays. Cognitive development is the first to suffer. When the body is not receiving enough nutrients it goes into survival mode and dedicates available nourishment to survival, then growth, and lastly cognitive development.

Nutrition for growth and development is a complex issue. There are many micronutrients that are essential to development;

● **Iodine and iron-Deficiency anemia** affect behavioral and cognitive development. Four to nine percent of toddlers in the United States/India have iron-deficiency anemia. Iron is crucial for brain development. A deficiency in iron can lead to behavioral and cognitive impairments.

● **Vitamin D and calcium** are essential for bone development. Low levels of

vitamin D and calcium can prevent proper bone formation, cause weak bones and increase the chances of osteoporosis in later life.

- **Zinc** plays an important role in cognitive development. Exactly how zinc functions in the brain is not fully understood. It is found in the brain, bound to proteins and in high concentrations in synaptic vesicles in neurons in the forebrain. Zinc deficiency can affect attention span and short and long-term memory.
- **Fruits and vegetables** are an important part of the daily diet. Children who consume very little fruits and vegetables have an increased risk of certain cancers, such as colon cancer, and cardiovascular disease in adulthood.



0 to 6 MONTHS

MILK	TIMES	GAP
BREAST FEEDING	8-12 TIMES A DAY	Every 2-3 Hours

6 to 12 MONTHS

	MORNING	BREAKFAST	MID-MORNING	LUNCH	MID EVENING	DINNER	BED TIME
DAY 1	BREAST MILK OR FORMULA MILK	Whole Grain Cereals in Formula Milk	BREAST MILK OR FORMULA MILK	Moong Khichdi	BREAST MILK OR FORMULA MILK	Black Lentil Soup	BREAST MILK OR FORMULA MILK
DAY 2	BREAST MILK OR FORMULA MILK	Moong Khichdi	BREAST MILK OR FORMULA MILK	Yellow Dal Soup	BREAST MILK OR FORMULA MILK	Thin Sliced Mango	BREAST MILK OR FORMULA MILK
DAY 3	BREAST MILK OR FORMULA MILK	Sweet Potato Mashed	BREAST MILK OR FORMULA MILK	Black Lentil Soup	BREAST MILK OR FORMULA MILK	Soft Pear	BREAST MILK OR FORMULA MILK
DAY 4	BREAST MILK OR FORMULA MILK	Suji Upma	BREAST MILK OR FORMULA MILK	Carrot Beetroot Puree	BREAST MILK OR FORMULA MILK	Sweet Potato Mashed	BREAST MILK OR FORMULA MILK
DAY 5	BREAST MILK OR FORMULA MILK	Oats Cereals in Milk	BREAST MILK OR FORMULA MILK	Apple Puree	BREAST MILK OR FORMULA MILK	Yellow Dal Soup	BREAST MILK OR FORMULA MILK
DAY 6	BREAST MILK OR FORMULA MILK	Broken Wheat Porridge	BREAST MILK OR FORMULA MILK	Spinach Pea Puree	BREAST MILK OR FORMULA MILK	Moong Khichdi	BREAST MILK OR FORMULA MILK
DAY 7	BREAST MILK OR FORMULA MILK	Brown Rice Porridge	BREAST MILK OR FORMULA MILK	Suji Upma	BREAST MILK OR FORMULA MILK	Vegetable Puree	BREAST MILK OR FORMULA MILK

12 to 24 MONTHS							
	MORNING	BREAKFAST	MID-MORNING	LUNCH	MID EVENING	DINNER	BED TIME
DAY 1	DAIRY MILK 240ML	Cheerios in Milk & Half Diced Bananna	Kiwi & Bread Butter Pieces	Moong Khichdi & Orange Slices	Yogurt & Grapes	Beans, Half Egg & Cucumber Slices	DAIRY MILK 240ML
DAY 2	DAIRY MILK 240ML	Whole Grain Cereals with Mashed Banana	Strawberries & Whole Egg	Yellow Dal Soup	Pomegranate & Crackers	White boiled channe & Tomato	DAIRY MILK 240ML
DAY 3	DAIRY MILK 240ML	Half Fried Eggs	Pear Slices	Rice with veggies	Orange Slices	Black Lentil with 1/4 Thin Chapati	DAIRY MILK 240ML
DAY 4	DAIRY MILK 240ML	Suji Upma add vegetables	Papaya & Grapes	Sweet Potato & Cucumber slices	Watermelon & crackers	Rice with curry	DAIRY MILK 240ML
DAY 5	DAIRY MILK 240ML	Oats Cereals in Milk with Banana	Kiwi & Cracker	Yogurt	Cheeku	Kheer	DAIRY MILK 240ML
DAY 6	DAIRY MILK 240ML	Cornflakes with milk	Banana Slices	Veg Pulao with curd	Banana Smoothie	Vegetable Khichdi with curd	DAIRY MILK 240ML
DAY 7	DAIRY MILK 240ML	Brown Rice Porridge	Papaya & Watermelon or cheeku	Rice with Chicken curry or egg curry	Melon cubes	Vegetable Paneer Bhurji	DAIRY MILK 240ML



