







Healthy Nutrition for Infants (6–12 Months)




What is Nutrition?

Nutrition is how food nourishes your child's body! It helps in growth, energy, repair, and keeping them healthy. Essential nutrients include:

-  **Carbohydrates** – Energy to play.
-  **Proteins** – Growth and repair.
-  **Fats** – Energy storage & organ protection.
-  **Vitamins & Minerals** – Strong bones, immunity, and body functions.
-  **Water & Fiber** – Good digestion and hydration.

 Good nutrition helps your baby grow strong, stay healthy, and resist infections.

Important Meal Times to Follow:

-  Breakfast – 8:00 AM
-  Lunch – 12:00–2:00 PM
-  Dinner – 7:00–8:00 PM



Sample 1-Week Diet Plan (6–12 Months)

Day	Early Morning 7 AM	Breakfast 8 AM	Morning Snack 10-11 Am	Lunch 12-2 Pm	Evening Snack 4 PM	Evening 5-6 PM	Dinner 7-8 PM
Mon	Breast/Form . Milk	Raggi porridge + mashed fruit	Sweet potato puree	Khichdi	Sweet potato puree	Fruit juice	Khichdi
Tue	Breast/Form . Milk	Almond Makhana pancake + grated apple	Sweet potato puree	Rice + Moong Da	Sweet potato puree	Fruit juice	Rice + Moong Dal
Wed	Breast/Form . Milk	Multigrain Dalia + grated veggies	Sweet potato puree	Curd Rice	Sweet potato puree	Fruit juice	Curd Rice
Thu	Breast/Form . Milk	Raggi porridge + mashed fruit	Sweet potato puree	Palak Paneer Khichdi	Sweet potato puree	Fruit juice	Palak Paneer Khichdi
Fri	Breast/Form . Milk	Almond makhana pancake + grated apple	Sweet potato puree	Khichdi	Sweet potato puree	Fruit juice	Khichdi
Sat	Breast/Form . Milk	Multigrain Dalia + grated veggies	Sweet potato puree	Rice + Moong Da	Sweet potato puree	Fruit juice	Rice + Moong Dal
Sun	Breast/Form . Milk	Raggi porridge + mashed fruit	Sweet potato puree	Curd Rice	Sweet potato puree	Fruit juice	Curd Rice

🌸 **Note for Parents:**

🌸 This is just a sample diet plan.

What you offer your child 📖 📝 and how you offer it 🍽️ should always depend on:

1. Your family culture & 🍏 🌸 traditions
2. Local weather conditions 🌞 ☁️
3. And most importantly, what suits your child's needs 🧠 ❤️

Every child is unique – make mealtimes joyful, healthy, and personalized! 🍰

🌸 **Key Takeaway Points for Parents** 👨👩 🍏

Introduce one new food at a time, slowly and gently 📖

By around 8 months of age, your baby should ideally have 3 meals + 2–3 snacks per day.

👉 Every child is unique—some may reach this sooner, others later. No rush! ⌚

Keep breast milk or formula as a supplement 🍼

When trying a new meal, continue giving breast milk or formula at other times just as before.

👉 This helps meet your baby's nutritional needs while they explore new foods. ❤️

Milk is no longer a main meal after 8 months 🚫 🥛

From 8 months onward, treat milk as a supplement, not the main meal.

👉 Focus more on solid foods to support growth and development. 🌱





Be patient and observe your baby's reactions 👁️

Let your child take time to get used to new tastes and textures.







👉 Don't rush! Wait until they're comfortable before introducing the next new food. 🌈

Healthy Nutrition for Toddlers (1–5 Years)

As your child grows from 1 to 5 years, their body and brain develop rapidly. Proper nutrition isn't just about filling tummies – it's about giving the right building blocks for a strong body, sharp mind, and happy life. As toddlers grow, they need nutrition for : -

-  Strong bones, muscles, and brain.
-  Better immunity.
-  Good cognitive development (learning & memory).
-  Healthy eating habits for life.

Daily Nutritional Needs: -

-  Calories: 1,000–1,400
-  Protein: 13–19 grams
-  Calcium & Vitamin D: 500–600 mg + 400 IU
-  Iron: 7–10 mg
-  Healthy Fats: Ghee, nuts, avocados
-  Fiber & Fluids: 10–15 grams fibre + 1–1.5 L fluids



Sample 1-Week Diet Plan (1–5 Years)

Time	Food Example
Morning (After Waking Up)	Warm water or milk (150–200 ml) + ½ banana / small apple / 3–4 strawberries
Breakfast (8–9 AM)	Vegetable upma / poha with peas & carrots OR scrambled egg + whole wheat toast OR oatmeal with nuts powder & milk
Mid-Morning Snack (11 AM)	Seasonal fruit (mango, papaya, chikoo, orange) OR curd with fruit puree
Lunch (1 PM)	Rice/roti + dal/lentils + vegetable curry + curd OR Khichdi with ghee & vegetables OR Chapati roll with paneer/chicken & veggies
Evening Snack (4 PM)	Milkshake (banana, dates, chikoo) OR boiled corn / sweet potato OR healthy laddoo (ragi, jaggery, sesame)
Dinner (7–8 PM)	Dalia with vegetables OR Idli/Dosa with sambar OR Soup with chapati pieces
Bedtime (Optional)	Warm milk with a pinch of turmeric (promotes sound sleep & bone strength)

✨ Note for Parents:

This is just a sample diet plan. 📄

What you offer your child 🍏 📖 and how you offer it 🍴 should always depend on:

1. Your family culture & traditions 🌸
2. Local weather conditions ☀️ ☁️
3. And most importantly, what suits your child's needs 🧒 ❤️

Every child is unique – make mealtimes joyful, healthy, and personalized! 🍦

Important Points for Parents 🧑🏻🧑🏻 🍏

🍼 After 8 months of age, milk should no longer be treated as a full meal.

👉 It should be a supplement to solid meals, not the main source of nutrition.

🚫 🍼 Stop using bottles completely after the first birthday.

👉 Encourages healthy self-feeding habits and independence. 📖 🍴

❤️ Breastfeeding is best stopped between 18 months to 2 years 🍼

👉 Need gentle guidance on weaning your child?

📖 Join our helpful course:

👉 “How to Stop Breastfeeding?” 🎓

🌐 Visit My Dvija website or 📞 Contact: +91 70304 02232

🧠 After the first birthday, toddlers' food choices can change a lot 🔍 🍴

👉 Finding it tricky to understand what your child wants to eat?

📖 Our expert course can help: 🏠 🧒








👉 “Toddler Ko Khana Kaise Khilaye?”

🌐 Visit My Dvija website or 📞 Contact: +91 70304 02232

⚡ Toddlers naturally prefer power-packed, easy-to-eat foods as they get more active and explore the world.




👉 Embrace this curiosity and energy with healthy options! ✨


Must Avoid Mistakes: -

-  Don't force-feed – Let your child eat as they want.
-  Offer variety in colours, tastes, textures & Temperature.
-  Limit junk and sugary foods.
-  Finger foods help develop self-feeding skills.
-  Make meals colourful & fun.
-  Keep regular mealtimes.
-  Be patient – New foods take time.


Key Takeaway for Parents:

 **Enjoy watching your child explore, enjoy, and slowly learn to love healthy foods**  

 Always avoid anything that could make them dislike mealtime.  

 ***“Good health is the greatest gift a parent can give their child”.*** – My Dvija Team

Check out our recipe book:

 *MY Dvija YUM Food Diary* – 300+ healthy, tasty recipes for kids (5 months to 4 years).

 Visit My Dvija website or  Contact: +91 70304 02232