

8 MONTHS FOOD CHART

Foods to Introduce at 8 Months

Fruits

- Pineapple
- Watermelon
- Grapes
- Figs

Vegetables

- Broccoli
- Palak
- Cauliflower
- Mushrooms

Grains

- Jowar

Bajra

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- Amaranth

Lentils

- Chickpea

Non Veg

- Chicken
- Fish

Dairy

- Cheese
- Paneer
- Curd/Yogurt

1st Week

Introducing 1 fruit (pineapple), 1 vegetable (cauliflower), 1 grain (jowar) and yogurt

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	<u>Jowar porridge</u>	BM/FM	<u>Ghee Rice</u>	<u>Pineapple Kesari</u>	<u>Green Peas and Potato Puree</u>	BM/FM
Tue	BM/FM	<u>Strawberry Banana Puree</u>	BM/FM	<u>Tomato Khichdi</u>	<u>Banana Oatmeal Cookies</u>	<u>Green Gram Wheat Porridge</u>	BM/FM
Wed	BM/FM	<u>Egg Yolk Scramble</u>	BM/FM	Flavored Pongal	<u>Apple Pear Cinnamon Puree</u>	<u>Vegetable Khichdi</u>	BM/FM
Thu	BM/FM	<u>Pineapple Carrot Puree</u>	BM/FM	<u>Potato Khichdi</u>	<u>Jowar Teething Biscuits</u>	<u>Soya Rice Porridge</u>	BM/FM
Fri	BM/FM	<u>Broken wheat porridge</u>	BM/FM	<u>Masala Khichdi</u>	<u>Sooji Kheer</u>	<u>Wheat Dalia Porridge</u>	BM/FM
Sat	BM/FM	<u>Soya Wheat Porridge</u>	BM/FM	<u>Pumpkin Khichdi</u>	<u>Ragi Banana Halwa</u>	<u>Carrot Khichdi</u>	BM/FM
Sun	BM/FM	<u>Oats Porridge</u>	BM/FM	Ash gourd khichdi	<u>Mango Yogurt</u>	<u>Homemade Wheat Porridge</u>	BM/FM

2nd Week

Introducing 1 fruit (fig), 1 vegetable (broccoli), 1 legume (chickpeas) and chicken

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	<u>Sprouted Sathumaavu porridge</u>	BM/FM	Plain Pongal	<u>Pineapple Carrot Puree</u>	<u>Indian Chicken Puree</u>	BM/FM
Tue	BM/FM	<u>Chickpea Pancakes</u>	BM/FM	<u>Potato Khichdi</u>	<u>Ragi Teething Biscuits</u>	<u>Vegetable Moong Dal Soup</u>	BM/FM
Wed	BM/FM	<u>Steamed Dosa</u>	BM/FM	<u>Vegetable Khichdi</u>	<u>Kiwi Banana Puree</u>	<u>Carrot Oats Porridge</u>	BM/FM
Thu	BM/FM	<u>Beetroot Pearl Millet Porridge</u>	BM/FM	<u>Ghee Rice</u>	<u>Beetroot Halwa</u>	<u>Masala Khichdi</u>	BM/FM
Fri	BM/FM	<u>Egg Yolk Ragi Pancake</u>	BM/FM	<u>Carrot Khichdi</u>	Fig Puree	<u>Puffed Rice Porridge</u>	BM/FM
Sat	BM/FM	<u>Soya Rice porridge</u>	BM/FM	Flavored Pongal	<u>Samai Kheer</u>	<u>Raw Kerala Banana Porridge</u>	BM/FM
Sun	BM/FM	<u>Ragi Porridge</u>	BM/FM	<u>Tomato Khichdi</u>	<u>Watermelon Smoothie</u>	<u>Bajra Porridge</u>	BM/FM

3rd Week

Introducing 1 vegetable (palak), 1 grain (amaranth) and paneer

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	<u>Groundnut Poha porridge</u>	BM/FM	<u>Paneer Vegetable Puree</u>	<u>Pineapple Kesari</u>	<u>Broccoli Spinach Puree</u>	BM/FM
Tue	BM/FM	<u>Fruity Paneer Puree</u>	BM/FM	<u>Ghee Rice</u>	<u>Jowar Teething Biscuits</u>	<u>Pan Fried Paneer Cubes</u>	BM/FM
Wed	BM/FM	<u>Egg Yolk Mash with Orange Juice</u>	BM/FM	<u>Potato Khichdi</u>	<u>Chicken Clear Soup</u>	<u>Carrot Oats Porridge</u>	BM/FM
Thu	BM/FM	<u>Amaranth Porridge</u>	BM/FM	<u>Palak khichdi</u>	<u>Sooji Kheer</u>	<u>Chicken Puree</u>	BM/FM
Fri	BM/FM	<u>Banana Makhana Porridge</u>	BM/FM	<u>Tomato Khichdi</u>	<u>Strawberry Banana Puree</u>	<u>Carrot Palak Puree</u>	BM/FM
Sat	BM/FM	<u>Wholewheat Apple Pancakes</u>	BM/FM	<u>Vegetable Khichdi</u>	<u>Banana Oatmeal Cookies</u>	<u>Beetroot Pearl Millet Porridge</u>	BM/FM
Sun	BM/FM	<u>Steamed Dosa</u>	BM/FM	<u>Pumpkin Khichdi</u>	<u>Mango Yogurt</u>	<u>Soya wheat porridge</u>	BM/FM

4th Week

Introducing 1 fruit (watermelon), 1 grain (bajra) and fish

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	Soya Rice Porridge	BM/FM	Masala Khichdi	Flavored Paneer	Fish Puree	BM/FM
Tue	BM/FM	Chickpea Pancakes	BM/FM	Carrot Khichdi	Beetroot Halwa	Beetroot Potato Puree	BM/FM
Wed	BM/FM	Homemade Wheat Porridge	BM/FM	Ghee Rice	Samai Kheer	Sprouted Sathumaavu porridge	BM/FM
Thu	BM/FM	Fruity Paneer Puree	BM/FM	Paneer Vegetable Puree	Ragi Teething Biscuits	Apple Khichdi	BM/FM
Fri	BM/FM	Bajra Porridge	BM/FM	Potato Khichdi	Fig Puree	Flavored Pongal	BM/FM
Sat	BM/FM	Egg Yolk Ragi Pancake	BM/FM	Spinach Khichdi	Watermelon Smoothie	Vegetable Moong Dal Soup	BM/FM
Sun	BM/FM	Chikoo Oats Porridge	BM/FM	Plain Pongal	Apple Pear Cinnamon Puree	French Beans Puree	BM/FM