

6 TO 7 MONTHS DIET PLAN



6. month

7. month

BREAST MILK AS LONG AS YOUR BABY WANTS IT

Early morning



Breastfeeding

Breastfeeding

Before noon

Fruit snack



Fruit snack



Lunch



Meat and vegetables



Afternoon

Breastfeeding

Breastfeeding

Evening



Non-dairy porridge



8 TO 12 MONTHS DIET PLAN



8. to 10. months

10. to 12. months

BREAST MILK AS LONG AS YOUR BABY WANTS IT

Early morning



Breastfeeding

Cereal porridge



Before noon

Fruit snack



Fruit snack



Lunch



Meat and vegetables



Afternoon

Fruit snack



Fruit snack



Evening



Cereal porridge



Cereal porridge

