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6 – 8 MONTHS
WEANING FOODS DIET PLAN

Healthy Food • Happy Baby • Better Tomorrow



Time	Food Items	Quantity	Food Pictures
6:30 – 7:00 AM (Early Morning)	**Breast milk / Formula milk** (as usual)	On demand (~150–200 ml)	
9:00 – 9:30 AM (Breakfast)	**Rice cereal / Ragi porridge** (with breast milk or formula) **+ mashed banana**	1/2 – 3/4 cup (150 ml) + 2–3 tbsp banana	
12:00 – 12:30 PM (Mid-morning)	**Mashed fruit** (banana / apple / pear / steamed apple)	1/2 – 3/4 cup (70–100 g)	
3:00 – 3:30 PM (Lunch)	**Vegetable dal (mashed) + rice / soft khichdi** (with small amount of ghee)	1/2 – 3/4 cup (100–150 g)	
5:30 – 6:00 PM (Evening Snack)	**Steamed vegetables** (carrot / pumpkin / potato / sweet potato)	1/2 – 3/4 cup (70–100 g)	
7:30 – 8:00 PM (Dinner)	**Moong dal / Rice porridge** + mashed vegetables (spinach / pumpkin / carrot)	1/2 – 3/4 cup (100–150 g)	
9:00 – 9:30 PM (Before Bed)	**Breast milk / Formula milk** (as usual)	On demand (~150–200 ml)	
During the Day	**Water**	50 – 100 ml (in small sips, multiple times)	

WATER INTAKE

50 – 100 ml per day
(in small sips, multiple times)

- Offer clean, safe drinking water in a cup or sippy cup.
- Do not give too much water at once.
- Water helps digestion, prevents constipation and keeps the baby hydrated.

IMPORTANT POINTS

- Breast milk/formula remains the main source of nutrition (6–8 months).
- Introduce one new food at a time and watch for allergies.
- Ensure soft, mashed, well-cooked foods with proper texture.
- Avoid added salt, sugar, honey and processed foods.
- Offer freshly prepared, home-cooked meals.
- Encourage self-feeding (when ready).
- Maintain good hygiene and hand washing.

Healthy Eating Builds Strong Babies & Brighter Futures!