Dr. Suchit Jogu
Consultant Pediatrician &
Pediatric Intensivist
MD (PGIMER) · DrNB Pediatric Critical Care

8 – 12 MONTHS
WEANING FOODS DIET PLAN

Healthy Food • Happy Baby • Brighter Tomorrow



Time	Food Items	Quantity	Food Pictures
6:30 – 7:00 AM (Early Morning)	Breast milk / Formula milk (as usual)	On demand (~180–240 ml)	
9:00 – 9:30 AM (Breakfast)	Rice cereal / Ragi porridge (with breast milk or formula) + mashed banana / apple	1/2 – 3/4 cup (150 ml) + 2–3 tbsp fruit	
12:00 – 12:30 PM (Mid-morning)	Mashed fruits (banana / apple / pear / papaya / seasonal fruits)	1/2 – 3/4 cup (70–100 g)	
3:00 – 3:30 PM (Lunch)	Vegetable dal / khichdi (with rice / millets, vegetables) + curd (if tolerated)	1/2 – 3/4 cup (100–150 g)	
5:30 – 6:00 PM (Evening Snack)	Steamed vegetables (carrot / pumpkin / potato / sweet potato) + boiled egg / paneer (or soft cooked chicken/fish – non-veg)	1/2 – 3/4 cup (70–100 g)	
7:30 – 8:00 PM (Dinner)	Moong dal / Rice porridge + vegetables (with a little ghee)	1/2 – 3/4 cup (100–150 g)	
9:00 – 9:30 PM (Before Bed)	Breast milk / Formula milk (as usual)	On demand (~180–240 ml)	
During the Day	Water	Offer sips throughout the day (50 – 100 ml/day, as needed)	

WATER INTAKE

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

- Offer safe drinking water in a cup or sippy cup (not a bottle).
- Do not give too much water at once.
- Water helps digestion, prevents constipation and keeps the baby hydrated.
- Breast milk/formula remains the main source of nutrition.

IMPORTANT POINTS

- **Breast milk/formula** continues to be the **main source of nutrition** (8–12 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 fresh, home-cooked meals.
- Encourage self-feeding (when ready).
- Maintain good hygiene and hand washing.

REMEMBER
Healthy Eating
Builds Strong Babies
& Brighter Futures!