



## COMPLEMENTARY FEEDING GUIDE

- Exclusive breastfeeding is giving a baby only breast milk with no other liquids or solids not even water. Medications and supplements are allowed only when prescribed by a doctor
- Complementary feeding is giving your baby other foods in addition to breast milk. However you should continue breastfeeding for 2 years or longer
- Complementary foods should be well balanced i.e. should contain carbohydrates, proteins, vitamins, minerals and fats/oils selected from family foods
- Amount of food should be based on the principles of responsive feeding, while assuring that energy density and meal frequency are adequate to meet the child's needs
- Complementary foods should be thick enough to stay in the spoon
- Assist, and encourage your child during feeding, have patience, talk to the child, smile, and maintain eye contact.

0-6 Months	At 6 months	6-8Months	9-11Months	12-23Months
Exclusive breastfeeding	<p><b>Feed</b> Start with thick enriched porridge or suitable commercial cereal</p> <p><b>No. of Feeds/day:</b> 2-3 times with frequent breastfeeds</p> <p><b>Amount per feed:</b> Start with 2-3 tablespoons</p> <p><b>N.B:</b> Enrich with Cooking oil and or milk Avoid flour mixes, use single cereals</p>	<p><b>Feed</b> Thick enriched porridge or suitable commercial cereal Well mashed/ pureed foods</p> <p><b>No. of Feeds/day:</b> 2-3 meals + 1-2 snacks, continue breastfeeding</p> <p><b>Amount per feed:</b> ½ cup increasing to 3//4 cup</p> <p><b>N.B:</b> Fermented/germinated cereals may be used Grain mixes i.e. 1 or 2 cereals + 1 legume may be used</p>	<p><b>Feed</b> Finely chopped/ mashed foods (foods baby can pick up).</p> <p><b>No. of Feeds/day:</b> 3-4 meals +1-2 snacks, continue breastfeeding.</p> <p><b>Amount per feed:</b> ¾ cup increasing to 1 cup</p>	<p><b>Feed</b> Family foods, chopped/mashed</p> <p><b>No. of Feeds/day:</b> 3-4 meals + 1-2 snacks, continue breastfeeding</p> <p>Amount per feed: 1 cup or more</p> <p><b>N.B:</b></p>

## POINTS TO NOTE:

- 1 cup= 250mls
- If not breastfeeding give an additional 1-2 cups of milk per day or 1-2 extra meals
- Give water and other fluids like soup, pure fruit juice, avoid carbonated high sugar drinks, tea and coffee.
- Give nutritious snacks like yoghurt, fruits, milk

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## Components of a well balanced diet (N.B: All babies need a balanced diet)

Carbohydrates (Energy giving Foods)	Proteins (Body building foods)	Vitamins & Minerals (Protective foods)
<p>Rice, ugali, potatoes, green bananas, sweet potatoes arrowroots, pasta, cereals, (porridge and suitable commercial cereals)</p> <p><b>FATS/OILS</b> -Can be added to increase energy content of food e.g. Margarine, cooking oil, butter, fish oils milk cream e.t.c -Fat content provides essential fatty acids, facilitates absorption of fat soluble vitamins and enhances dietary energy density and sensory qualities.</p>	<p>Plant: Beans, peas, green gram, lentils, cowpeas, chickpeas, nuts, seeds</p> <p>Animal: Liver, beef, chicken, eggs, fish, sardines, milk and milk products</p> <p><b>N.B:</b></p> <ul style="list-style-type: none"> <li>• Introduce 1 protein at a time(after 3 days)</li> <li>• Soak legumes and remove skins before cooking</li> <li>• If there is family history of allergy to a protein delay it until 8 months of age</li> <li>• Alternate animal and plant proteins</li> </ul>	<p>Vegetables: Spinach, kales, cabbage, terere, carrots, tomatoes, pumpkin, broccoli, cauliflower, etc Fruits: Oranges, melon, avocado, apple, mango, pawpaw, banana, passion fruit, etc</p> <p><b>NB: Give dark green vegetables and yellow coloured fruits and vegetables daily</b></p>

## SAMPLE WEANING DIET PLAN

	Breakfast	Lunch	Dinner
<b>Mon</b>	Baby Rice Cereal	Irish potatoes, Pumpkin/ butternut squash and green peas puree	Sweet potatoes, chickpeas and spinach puree
<b>Tue</b>	Porridge	Rice, liver and broccoli puree	Ugali, kales and terere puree
<b>Wed</b>	Fortified Commercial cereal e.g cerelac	Green bananas, cowpeas, cauliflower puree	Irish potatoes, green peas and spinach puree
<b>Thur</b>	Porridge	Pasta, chicken and broccoli puree	Rice, fish and broccoli puree
<b>Fri</b>	Baby Rice Cereal	Sweet potatoes, chickpeas and cabbage	Green bananas, butternut squash and green peas puree
<b>Sat</b>	Fortified Commercial cereal	Ugali, sardines and spinach puree	Arrow roots, liver and terere puree
<b>Sun</b>	Porridge	Rice, lentils and cabbage puree	Pasta, beef and kales puree

### NB

- Ø Give snacks 1-2 times a day. I.e. fruit puree or yoghurt and continue to breastfeed on demand.
- Ø Include tomatoes, carrots and small amounts of cooking oil in your meal preparation.
- Ø Gradually increase food consistency and variety as the infant grows older, adapting to the infant's requirements and abilities.

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