

# Baby LED weaning Meal Plan

## 4-6 months

Start with single-ingredient, smooth purees.

- Breastmilk/formula remains primary nutrition
- Rice cereal (homemade, iron-fortified)
- Moong dal water
- Mashed banana
- Stewed apple puree
- Carrot puree
- Pear puree
- Ragi porridge

⊘ Avoid salt, sugar, honey, cow's milk



## 6-8 months

Introduce slightly thicker purees and mashed foods.

- Mashed sweet potato
- Avocado mash
- Dal khichdi (soft, mashed)
- Curd (unsweetened)
- Soft idli with dal water
- Cooked and mashed pumpkin, beetroot
- Oats porridge

⊘ Avoid nuts, whole fruits (choking hazard), processed foods



## 8-10 months

Introduce lumpier textures and self-feeding options.

- Soft boiled egg yolk
- Paneer cubes
- Chapati soaked in dal
- Mashed roti with curd
- Hand-mashed rice with dal
- Suji upma
- Chopped boiled apple, pear
- Soft dosa with ghee
- Soft steamed veggies (carrot, beans, peas)

⊘ Avoid hard foods, excess salt, processed snacks



## 10-12 months

Encourage eating family meals with modifications.

- Soft paratha with ghee
- Poha with veggies
- Chopped soft fruits
- Whole egg (scrambled, boiled)
- Lightly spiced dal-rice
- Chia seed pudding
- Methi thepla
- Besan chilla
- Whole wheat pasta with veggies

⊘ Avoid spicy foods, fried items, excessive sugar



## TIPS ✨

- ✓ Follow baby's hunger cues (don't force-feed)
- ✓ Introduce one new food at a time, wait 3 days for allergy signs
- ✓ Encourage self-feeding with soft finger foods
- ✓ Continue breastfeeding/formula along with solids
- ✓ Make mealtimes fun & stress-free!

## Common Weaning Mistakes to Avoid ❌

- ✓ Introducing solids too early (before 4 months) or too late (after 7 months)
- ✓ Offering only sweet-tasting foods (leads to picky eating)
- ✓ Skipping iron-rich foods like dal, ragi, and eggs
- ✓ Feeding only purees for too long (delays chewing skills)
- ✓ Adding salt, sugar, or honey before age 1
- ✓ Offering juices instead of whole fruits
- ✓ Not watching for allergic reactions when introducing new foods