



**BUNDLE**  
 **OF JOY**




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Super Speciality Hospital



# BUNDLE OF JOY



MAX HEALTH GUIDE

# introduction



The term 'to wean' comes from an ancient phrase that means 'to accustom to'. So weaning refers to the period during which an infant gradually becomes accustomed to food other than milk (breast or formula). Up until 6 months of age, breast or formula milk alone is nutritionally adequate. Thereafter, it is important to start introducing weaning foods after 6 months of age to meet the changing nutritional needs of the growing infant.



## When To Start

In term infant 4-6 months of age

## Starting of solid food

- Breast milk or formula along with baby rice (1-2 teaspoons) having smooth thin consistency.
- Before and after breast/bottle one feed can be given in alert condition.
- Place only a small quantity of food on the spoon.
- feeding should be done in sitting position.

## Moving On

- frequency may be increased by 1 or 2 or times daily
- Food quantity should be increased gradually
- Using various fruits introduce child with new tastes
- Add gluten(wheat) containing food after 6 months
- Gradual increase in food thickness can be done by assign less fluid to purees
- After 5-7 months, food variety can be increased to encourage good acceptance of foods.

## Precautions for food before 6 months

- Wheat and gluten containing food
- Less of Salt and sugar
- Honey till 1 year (to avoid botulism)
- Nuts and seeds
- Eggs
- Fish and shell fish
- Fruit juices

## Food for 7-12 months infants

- Introduce finger food to develop acceptance of different textures
- Consistency can be increased gradually
- Provide variety to food
- Prefer to provide meal in family meal time



Weaning Rice Pudding  
Weaning Apple & Pear Rice  
Fruity Porridge  
Moong dal khichdi  
Beetroot carrot and potato soup

0-6 months

Mashed Vegetables with Dal  
Vegetable Khichdi  
Phirnee  
Banana Apple Pudding  
Sabudana Kheer  
Jowar Banana Sheera  
Indian Vegetable Soup  
Lentil Soup With Apple  
Chidwa Laddu  
Paushtik laddoo

6-8 months

1

weaning rice pudding



## SERVING SIZE 4

### INGREDIENTS

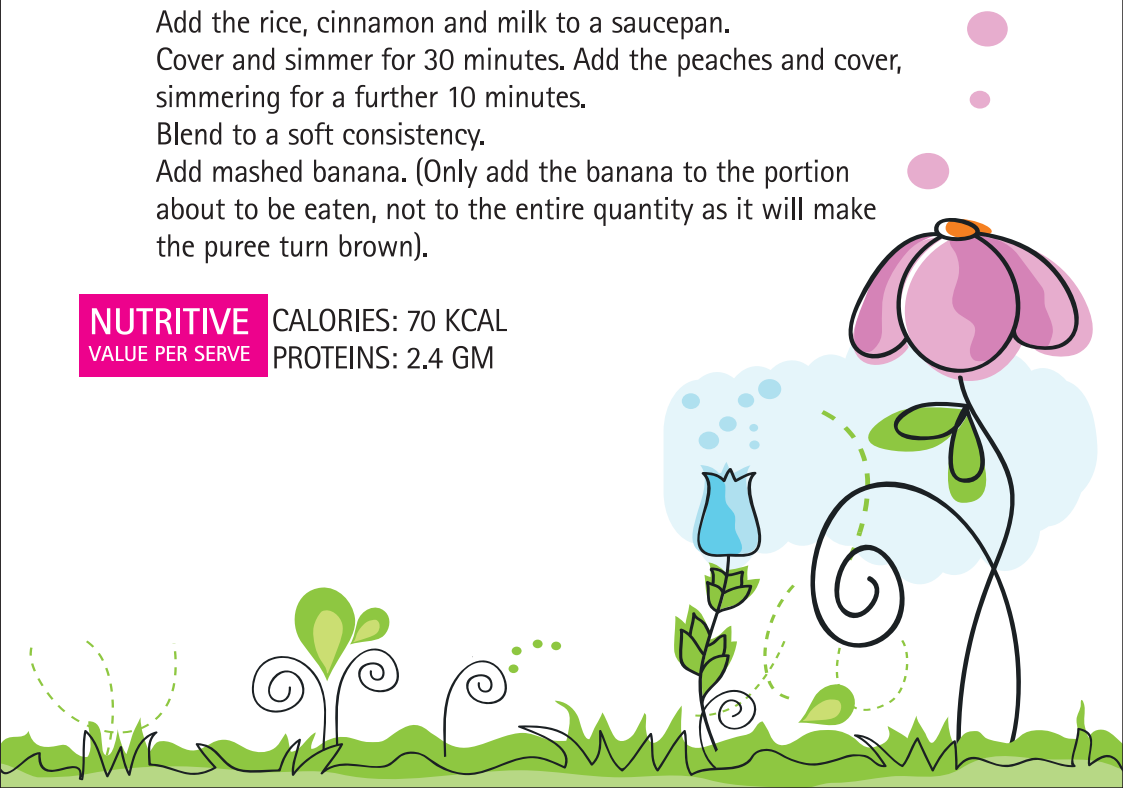
- 1½ cups of whole milk
- ¼ cup of powdered rice
- ½ a banana mashed (optional)
- 1 peach, peeled, stoned and chopped
- Pinch of cinnamon

### METHOD

Add the rice, cinnamon and milk to a saucepan. Cover and simmer for 30 minutes. Add the peaches and cover, simmering for a further 10 minutes. Blend to a soft consistency. Add mashed banana. (Only add the banana to the portion about to be eaten, not to the entire quantity as it will make the puree turn brown).

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 70 KCAL  
PROTEINS: 2.4 GM



# 2

weaning apple  
& pear rice





## SERVING SIZE 4

### INGREDIENTS

- 1 apple, peeled and chopped
- 1 pear, peeled and chopped
- 1 tablespoon of cooked rice
- Sprinkle of cinnamon

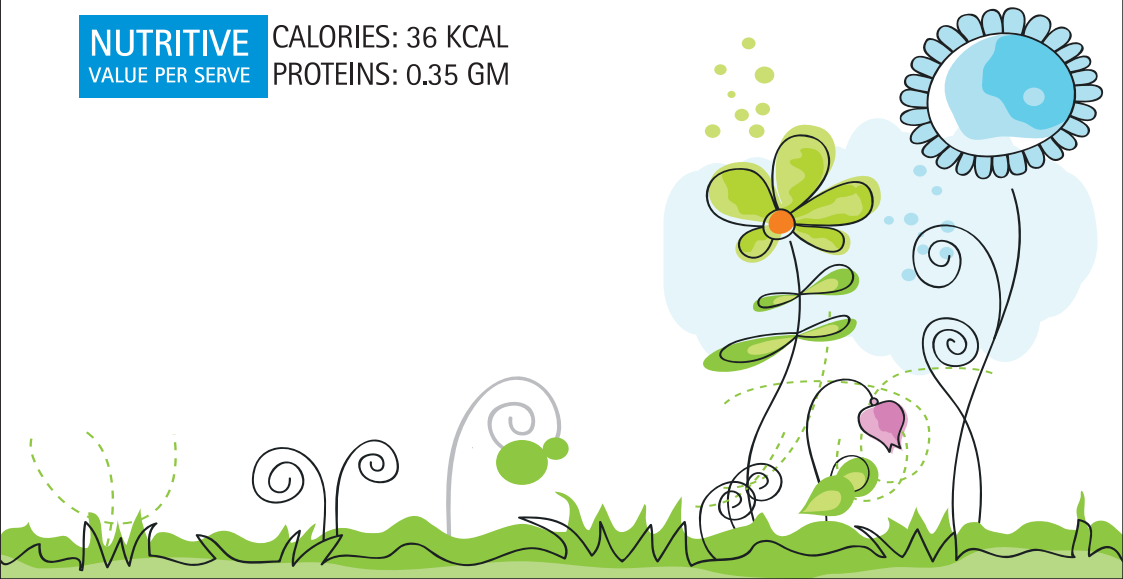
### METHOD

Place the apple in a steamer and cook for 4 minutes. Then add the pear and cook for an additional 4 minutes or until the fruit is tender.

Add the fruit to a blender together with a pinch of cinnamon, the cooked rice and 2 TBSP of the cooking liquid and blend together to form a puree.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 36 KCAL  
PROTEINS: 0.35 GM



3

fruity porridge



## SERVING SIZE 4

### INGREDIENTS

- 150 ml milk
- 15 gm oats porridge
- 1tsp of powdered roasted almonds
- 1 large ripe apple (stew)

### METHOD

Put all the ingredients except for the apple into a small saucepan, bring to the boil and then simmer, stirring occasionally for a few minutes. Add the stew apple then serve.

# Banana / Cheeku can be added in place of apple

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 54 KCAL  
PROTEINS: 1.7 GM



4

moong dal khichdi



## SERVING SIZE 4

### INGREDIENTS

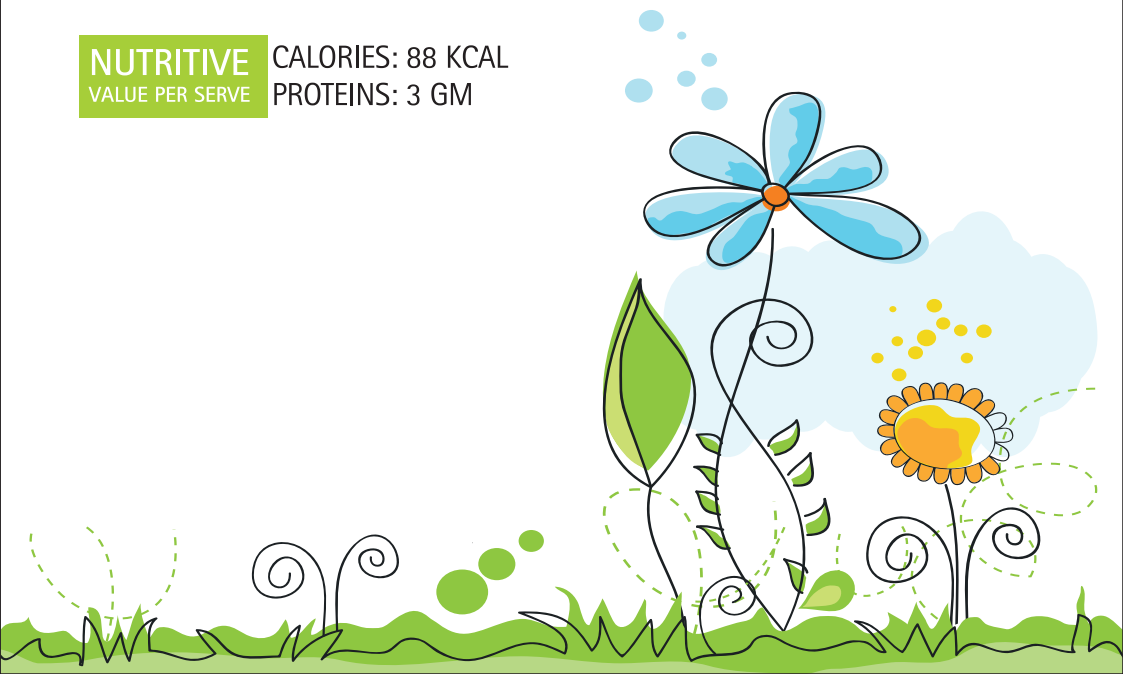
- 4 tablespoon split yellow moong dal
- 2 tablespoon rice
- ¼ teaspoon turmeric powder (haldi)
- 1 teaspoon ghee / butter

### METHOD

Wash and soak the moong dal & rice together.  
Add the turmeric powder and pressure cook it for 3 whistles.  
Remove from pressure cooker and add the ghee. Mix well.  
Mash the khichdi completely to a smooth consistency. Serve lukewarm.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 88 KCAL  
PROTEINS: 3 GM



5

beetroot, carrot and  
potato soup



## SERVING SIZE 4

### INGREDIENTS

- 1 cup beetroot, peeled and chopped
- 1 cup potatoes, peeled and chopped
- 1 cup carrot, peeled and chopped

### METHOD

Combine the beetroot & carrot in a pressure cooker with 1 cup of water and pressure cook for 2 whistles.

Cool and puree into a smooth soup.

Strain the soup and reheat to lukewarm before serving.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 24 KCAL  
PROTEINS: 0.5 GM



6

mashed vegetables  
with dal





## SERVING SIZE 4

### INGREDIENTS

- 4 tablespoon moong Dal (split yellow dal)
- 1/2 cup carrot, peeled & chopped
- 1/2 cup potato, peeled & chopped
- 4 leaves of spinach
- 2 to 3 French beans, stringed and finely chopped

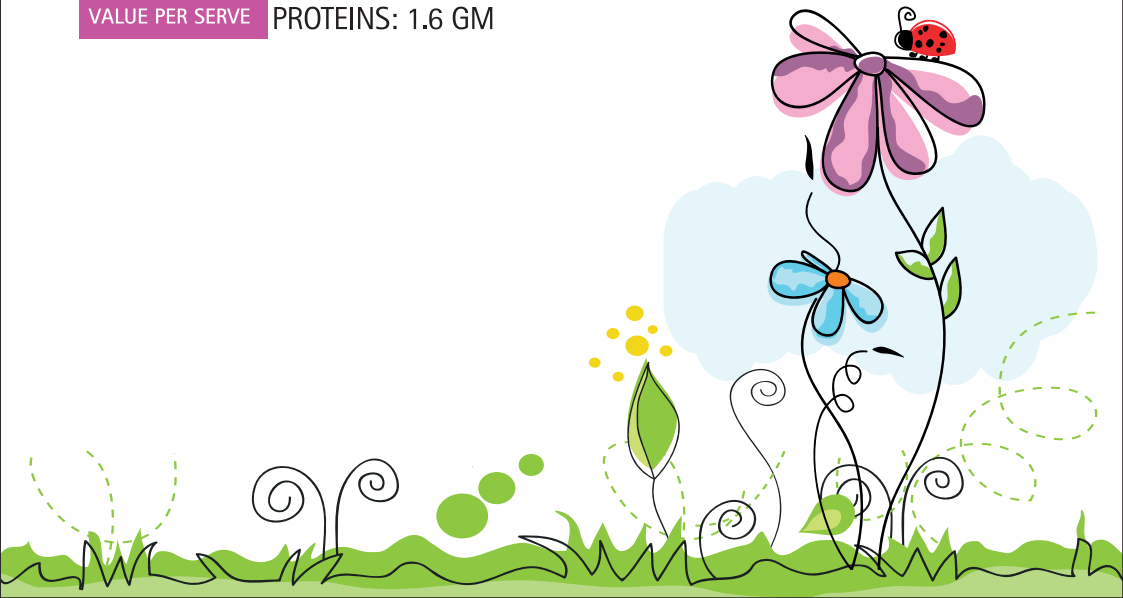
### METHOD

Pressure-cook all the ingredients together with 1/2 cup of water for 3 whistles.

Liquidize the mixture in a blender. Serve lukewarm.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 36 KCAL  
PROTEINS: 1.6 GM





# vegetable khichdi



## SERVING SIZE 4

### INGREDIENTS

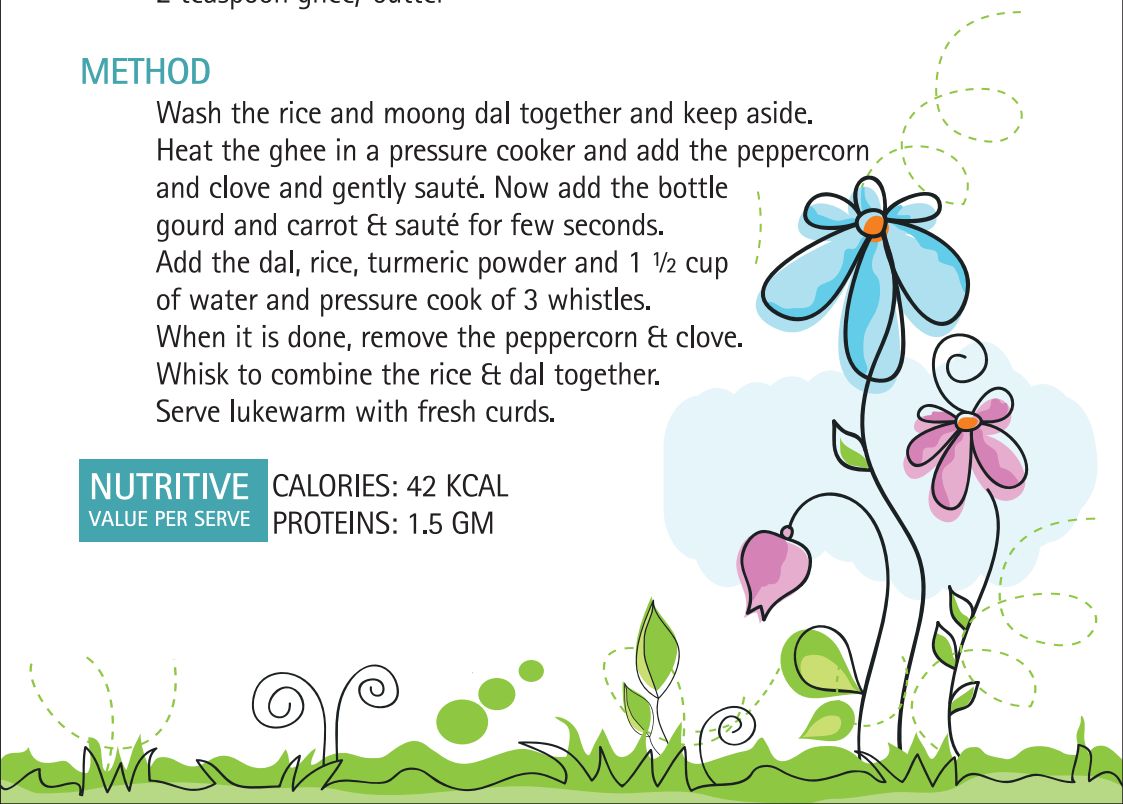
- 4 tablespoon rice
- 4 tablespoon moong dal
- 1 tablespoon bottle gourd (lauki) peeled & grated.
- 1 tablespoon carrot peeled & grated
- a pinch turmeric powder (haldi)
- 2-3 peppercorn and cloves
- 2 teaspoon ghee/ butter

### METHOD

Wash the rice and moong dal together and keep aside. Heat the ghee in a pressure cooker and add the peppercorn and clove and gently sauté. Now add the bottle gourd and carrot & sauté for few seconds. Add the dal, rice, turmeric powder and 1 ½ cup of water and pressure cook of 3 whistles. When it is done, remove the peppercorn & clove. Whisk to combine the rice & dal together. Serve lukewarm with fresh curds.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 42 KCAL  
PROTEINS: 1.5 GM



8

phirnee



## SERVING SIZE 4

### INGREDIENTS

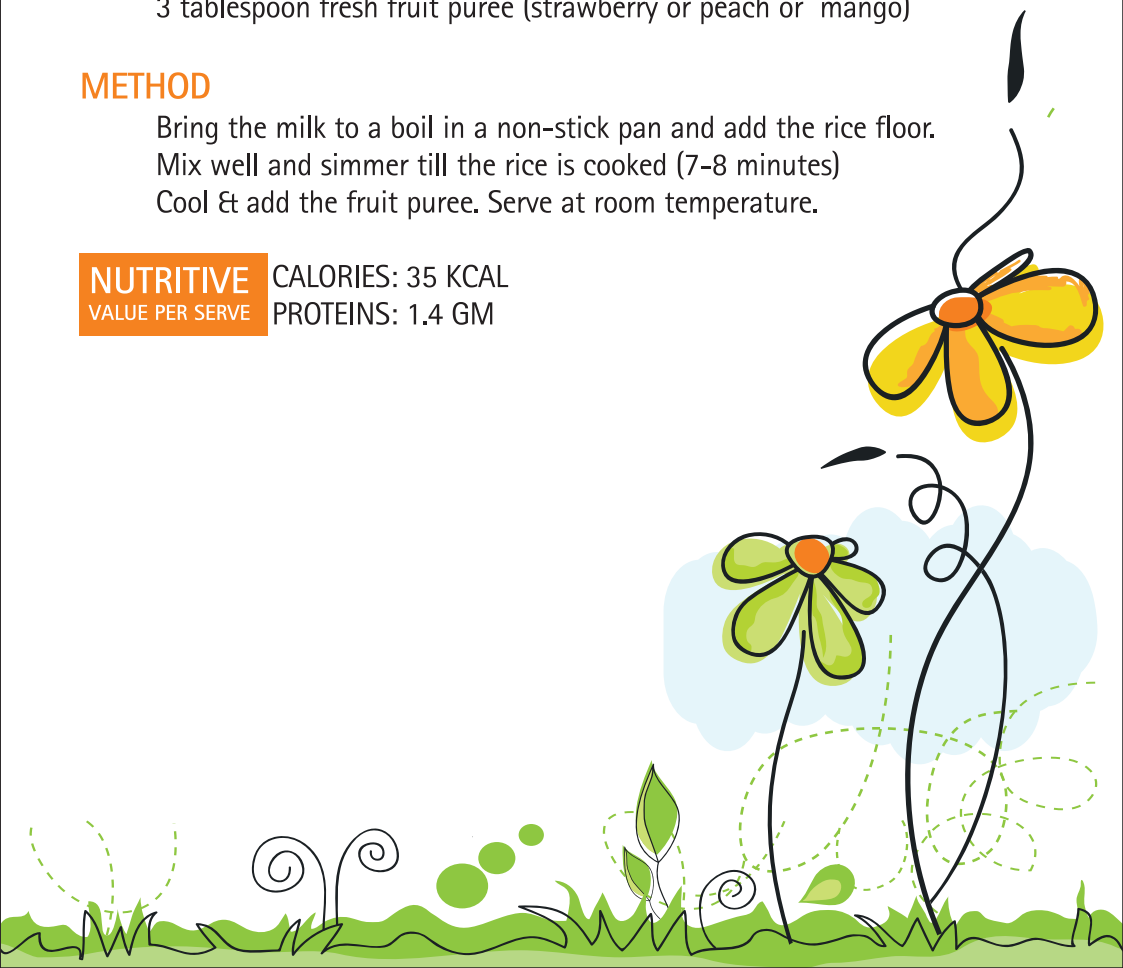
- 1 cup milk
- 1 ½ teaspoon rice
- 3 tablespoon fresh fruit puree (strawberry or peach or mango)

### METHOD

Bring the milk to a boil in a non-stick pan and add the rice flour. Mix well and simmer till the rice is cooked (7-8 minutes) Cool & add the fruit puree. Serve at room temperature.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 35 KCAL  
PROTEINS: 1.4 GM



9

banana apple  
pudding



## SERVING SIZE 4

### INGREDIENTS

- 1/2 cup banana, chopped & mashed.
- 1/2 cup apple, peeled, chopped & mashed.
- 2 digestive biscuit, crushed
- 1 teaspoon ghee / 1 teaspoon butter.
- 2 1/2 cup milk

### METHOD

Bring the milk to a boil and add the biscuit. Allow it to mix with the milk so that the milk thickens. Mix well so that it does not have any lumps. Cool completely and add the fruits. Serve immediately.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 135 KCAL  
PROTEINS: 4.4 GM



# 10.

sabudana kheer





## SERVING SIZE 4

### INGREDIENTS

- 2 tablespoon sabudana, soaked at least for 1 hour.
- 1 cup milk
- 20gm roasted, powdered groundnut
- 1 tsp sugar

### METHOD

- Bring the milk to a boil.
- Add soaked sabutdana, powdered groundnut and sugar and allow it to mix so that the milk thickens.
- Serve lukewarm.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 75 KCAL  
PROTEINS: 6.2 GM



# 11

jowar banana  
sheera



## SERVING SIZE 4

### INGREDIENTS

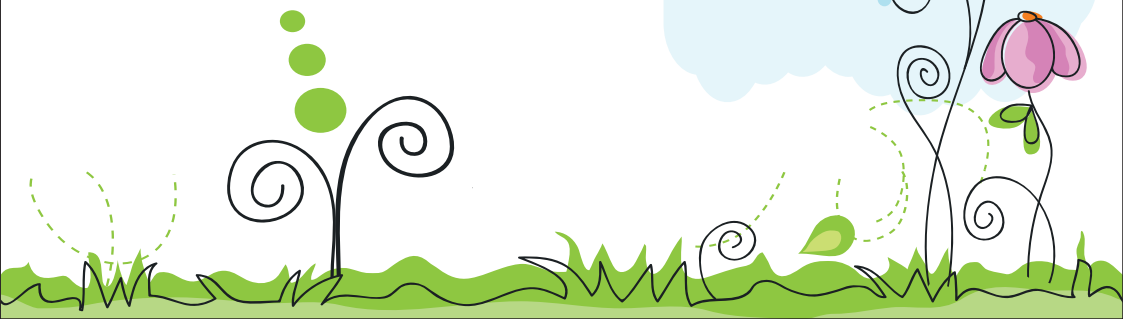
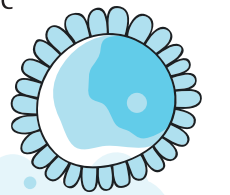
- 1 cup jowar (white millet) flour
- 2 cup milk
- 4 tsp chopped jaggery
- 1 cup mashed banana
- 4 tsp ghee

### METHOD

Heat the ghee in non stick pan, add the jowar flour to it & sauté on a medium flame for 1 to 2 min or till it turns light brown in colour. Add the milk, mix well & cook on a medium flame for 30 seconds, stirring continuously so that no lumps remain. Add 2 cup water, jaggery mix well & cook on medium flame for 1 min, while stirring continuously. Switch off the flame , add the banana & mix well. Serve lukewarm, adding some warm milk to dilute the consistency to suit your baby's requirement.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 289 KCAL  
PROTEINS: 6.77 GM



# 12

indian vegetable  
soup



## SERVING SIZE 4

### INGREDIENTS

1 potato, peeled and diced  
1 medium beet, diced  
60gm peas, fresh.  
60gm cauliflower, diced pinch cumin  
1 tbsp butter

1 carrot, peeled and diced  
1 small onion, chopped  
60gm green beans, chopped  
1 bay leaf  
500ml water

### METHOD

Melt the butter in a large saucepan.

Add the cumin and bay leaf and cook for 2 mins.

Add the vegetables and cook very gently for 10 mins, stirring occasionally.

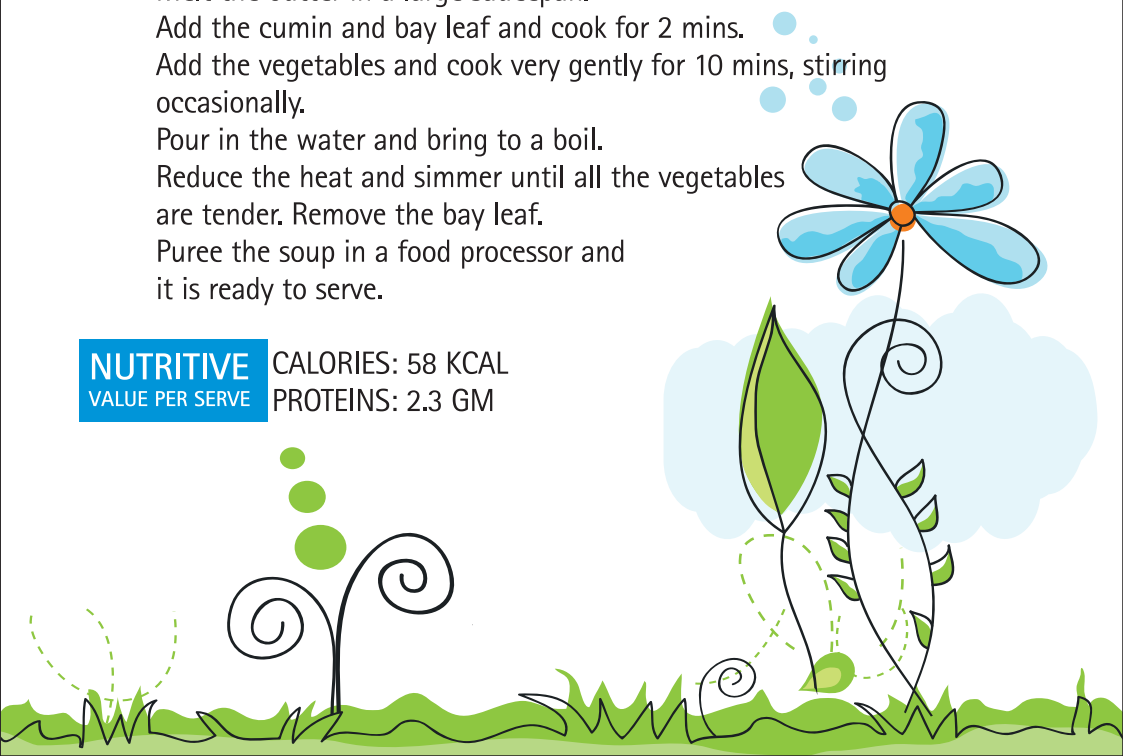
Pour in the water and bring to a boil.

Reduce the heat and simmer until all the vegetables are tender. Remove the bay leaf.

Puree the soup in a food processor and it is ready to serve.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 58 KCAL  
PROTEINS: 2.3 GM



# 13

lentil soup with  
apple



## SERVING SIZE 4

### INGREDIENTS

20gm red lentils  
1 carrot, peeled and diced  
500ml water

1 small onion, diced  
1 tsp ground cumin  
1 med apple

### METHOD

Heat the oil and saute the onions and carrots for around 10 mins, until tender. Add the cumin and stir thoroughly. Cover the vegetables and cook for 8-10 mins.

Add the lentils and enough water to cover the mixture. Bring to a boil, then reduce the heat and simmer gently for 20-25 mins, until the lentils are cooked and the carrots are tender (you may need to add more water during the cooking time).

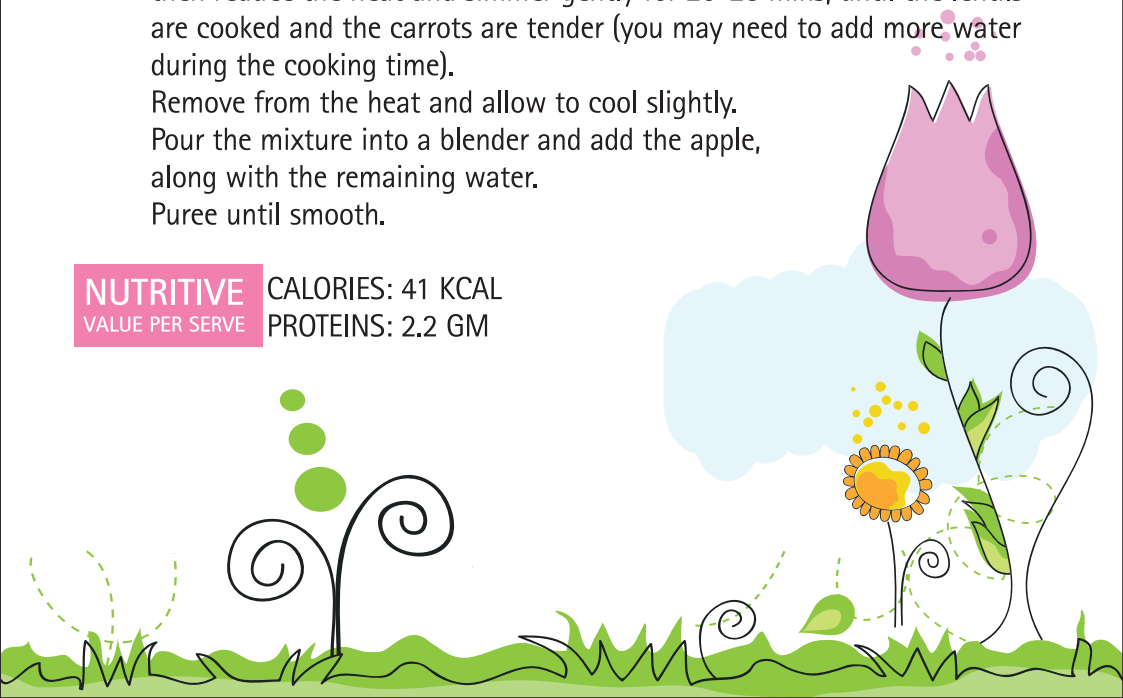
Remove from the heat and allow to cool slightly.

Pour the mixture into a blender and add the apple, along with the remaining water.

Puree until smooth.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 41 KCAL  
PROTEINS: 2.2 GM



# 14

chidwa laddoo







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## INGREDIENTS

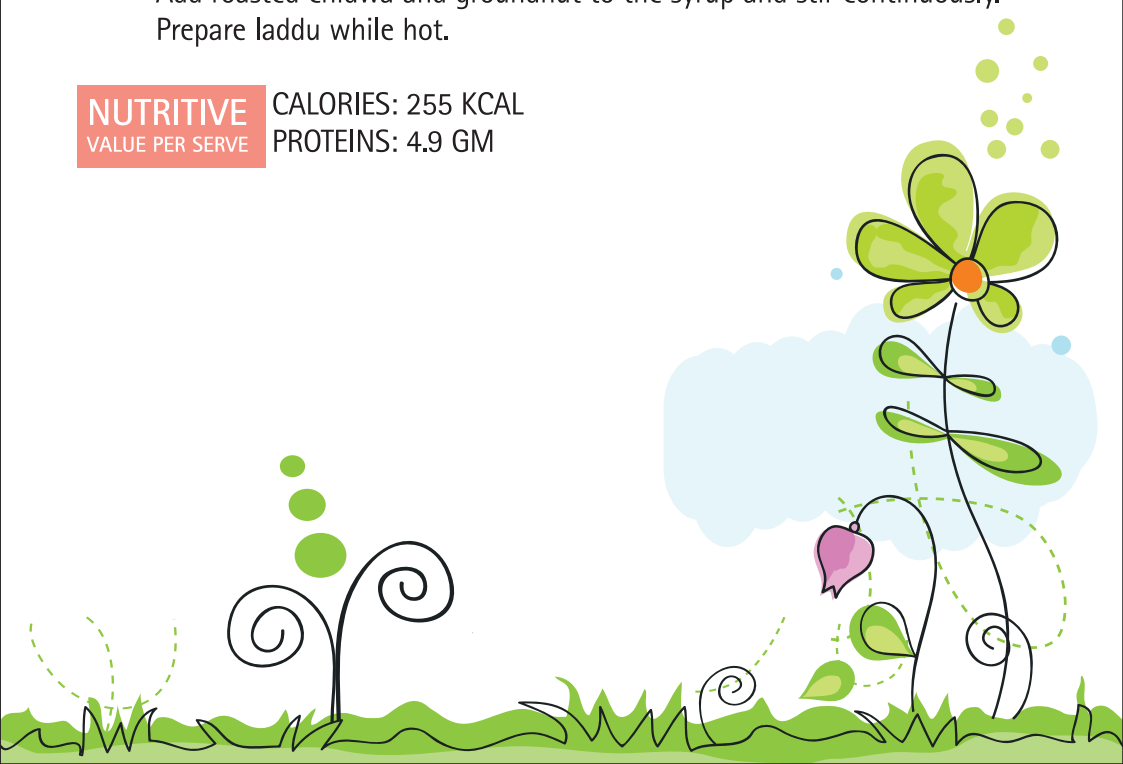
150gms Rice flakes (chidwa)  
50gms Groundnut  
150gms Jaggery  
Water (as required)

## METHOD

Roast Chidwa and groundnut separately.  
Remove the skin of groundnut and coarsely grind.  
Heat jaggery with little water.  
Cook to make to thick consistency syrup.  
Add roasted chidwa and groundnut to the syrup and stir continuously.  
Prepare laddu while hot.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 255 KCAL  
PROTEINS: 4.9 GM



# 15

paushtik laddoo



## INGREDIENTS

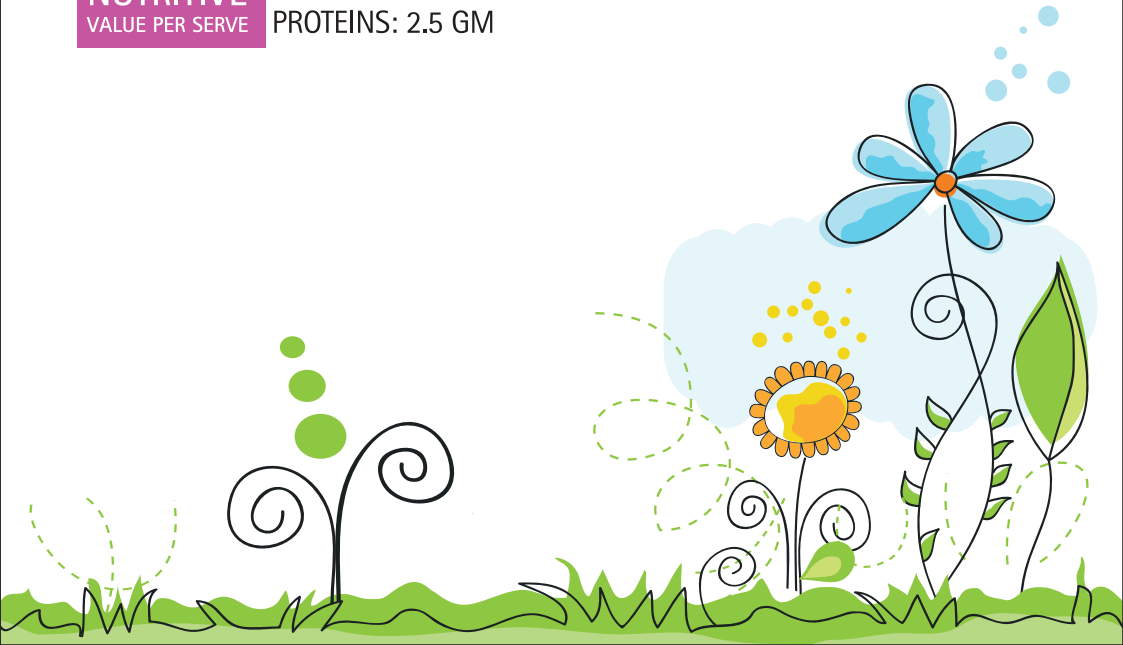
100gms Suji  
50gms Besan  
25gms Til  
250ml Milk  
150gms Oil  
200gms Jaggery

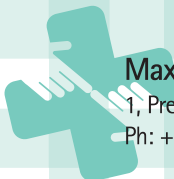
## METHOD

Roast til on slow flame till light brown and grind it.  
Heat Oil, add suji and besan and fry till golden brown.  
Mix milk, til and jaggery and remove from fire.  
Allow it to cool and prepare equal size laddoos.

**NUTRITIVE**  
VALUE PER SERVE

CALORIES: 200 KCAL  
PROTEINS: 2.5 GM





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