



Frequency and amounts of foods

Amount at each meal	Frequency	Age
increasing gradually to 3/2 of a 250 ml cup at each meal	3times per day plus frequent breast feeding	(9-7) months
3/4of a 250 ml cup /bowl	3meals1 + snack between meals +breast feeding	(11-9) months
A full 250 ml cup /bowl	3meals2 + snack between meals + breast feeding	(24-12) months



Food Consistency (give water as soon as starting food)

By age and Consistency

