

**Kalitheerthalkuppam, Madagadipet, Puducherry- 605107**

*The official podcast of SMVMCH*

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**Podcast Title: Complementary Feeding in Infants**

**Department: Paediatrics**

**Category: ( Day Celebrations)**

### TRANSCRIPT

Welcome to our podcast on Complementary Feeding in Infants. This is Dr. Aravind Siva from Department of Paediatrics, Sri Manakula Vinayagar Medical College .Today, we're delving into the crucial topic of introducing solid foods to your baby's diet.

Complementary feeding is the gradual introduction of solid foods alongside breast milk or formula, typically starting around six months of age. It's a pivotal stage in your baby's development, laying the foundation for healthy eating habits and providing essential nutrients for growth.

As parents, understanding your newborn's nutritional needs is key. Infants require a balance of nutrients like iron, zinc, and vitamins for optimal growth and development. Complementary feeding bridges the gap between these needs and what breast milk or formula alone can provide.

Why at 6 months of age? Babies are biologically ready at 6 months of age. That is their gut matures and able to digest carbohydrates, protein and fats. Their kidneys are able to excrete waste.

So, how do you begin? Look for signs of readiness, such as the ability to sit up with support and showing interest in food. Start with simple, single-ingredient purees or mashed foods, gradually progressing to more complex textures and Flavors.

Whereas early weaning may lead to reduced breast milk intake which in turn leads to malnutrition and babies also have increased risk of Diarrhoea. Where as in late weaning growth and development slows down and children are more prone for nutrition deficiencies and malnutrition. Along the way, you may encounter challenges like allergies or feeding difficulties. Stay informed, trust your instincts, and consult with healthcare professionals when needed. Remember, responsive feeding and paying attention to your baby's cues are paramount.

New feed should be introduced separately to the baby. Every fourth day add a food to your babys diet. Combination of foods to be given after 8 months of age. In early introduction of combination of feeds we tend to miss out the foods which are susceptible for allergies in a child.

There are 8 groups of foods

First and foremost, food is breast feeding must be included with every food.

Group 2 includes Grains, tubers and roots

Group 3 includes legumes, seeds and nuts

Group 4 includes milk and milk products



Group 5 includes non-Veg products

Group 6 eggs

Group 7 Vitamin A rich foods

Group 8 other fruits and vegetables

First 6 groups are important for height and muscle mass

Fruit juices are not recommended

Do not add salt till 1 year of age

Do not add sugar till 2 years of age

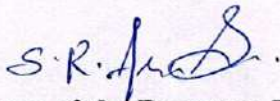
Avoid giving hard foods to the babies

Creating a positive feeding environment is crucial

Making meal time enjoyable and interactive and prioritize safety by choosing appropriate food and preparation methods.

Keep in mind complimentary feeding practices may vary based on cultural and social influences

It is essential to respect these differences prioritizing your babies nutritional needs.



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