



SUPERVISED SUPPLEMENTARY FEEDING PROGRAMME (SSFP)



COMPLEMENTARY FEEDING

Recommended Feeding for Children up to Age Two



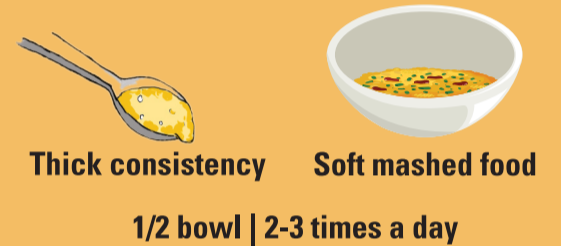
For First 6 months

- Begin breastfeeding within one hour of birth: continue breastfeeding only (no other liquids or water) for first six months



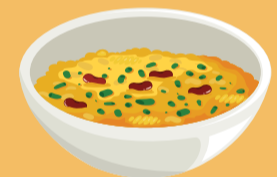
Starting from completion of 6 months to 8 months

- Amount: Start with 2-3 table spoons per feed and gradually increase to 1/2 bowl of a 250 ml cup or bowl along with breastfeeding
- Frequency: 2-3 meals per day plus breastfeeding
- Texture of food: Soft mashed food items
- Examples: Properly mashed fruits and vegetables; soft dalia



Starting from 9 months to 11 months

- Amount: 1/2 of 250 ml cup or bowl and gradually increase to 3/4 cups or bowl along with breastfeeding
- Frequency: 3-4 meals per day plus breastfeeding
- Texture of food: Finger foods which child can pick herself and eat
- Examples: Long cut pieces of fruits and pieces of chapatti

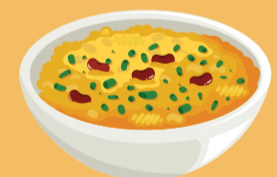


3/4 Bowl | 3 times a day
Bowl size: 250 ml



Starting from 12 months to 23 months

- Amount: 3/4 th one 250 ml cup or bowl and gradually increase to 1 cup or bowl along with breastfeeding
- Frequency: 3-4 meals plus breastfeeding and depending upon child's appetite 1-2 snacks to be offered
- Texture of food: Start with family meals with less spices.
- Examples: Dal rice and chapatti and veg



1 Bowl | 3 times a day
Bowl size: 250 ml

Feeding a child with poor appetite

- Feed when the child is hungry
- Offer a variety of foods, as the child will refuse to eat if given the same food everyday
- Encourage and praise the child with each mouthful
- Spend time and be patient while feeding the child
- Offer the child his/her favourite nutritious food.
- Never force the feed

Feeding a sick child

- Breastfeed frequently
- Offer the child his/her favourite nutritious food
- Give small frequent feeds
- Feed extra meals and amount of nutritious foods for atleast one week after the child recovers, until the child gains his/her previous weight

For non-breastfed children - in addition to above mentioned recommendations, add 1-2 cups (1 cup is 250 ml) of milk and one extra meal to the diet of the child everyday.