

## **NUTRITIONAL RECIPES FOR CHILDREN**

### **INTRODUCING SOLIDS (COMPLEMENTARY FEEDING)**

- ◆ When your baby is 6 months old, it is the time that solids should be gradually introduced in addition to breastfeeding.
- ◆ The food given should be nutritious, adequate and not contaminated.
- ◆ After the age of six months breast milk alone cannot meet the needs of growing child.
- ◆ The 6-11 month period is an especially vulnerable time because infants are just learning to eat and must be fed soft food frequently and patiently.
- ◆ Care must be taken to ensure that these foods complement rather than replace breast milk.
- ◆ For older infants and toddlers, breast milk continues to be an important source of energy, protein, vitamin A and vitamin C .Therefore, breastfeeding should continue upto the age of 2 years with appropriate complementary feeding after 6 months.

### **EARLY OR LATE AGE OF INTRODUCTION OF COMPLEMENTARY FOOD**

- ◆ Giving complementary food too early or too late could lead to malnutrition and other problems.
- ◆ If given too early the infant may not be ready to digest the food properly and it may also reduce intake of breast milk thereby losing out on appropriate energy intake for its growth.
- ◆ Early introduction of complementary food replaces breast milk by food which is usually less nutritious.
- ◆ It increases the risk of diarrhoea and other infections.
- ◆ Introduction of complementary foods too late results in an inadequate intake of energy and protein leading to poor growth, and stunting as well as iron and other nutrient deficiencies.
- ◆ Energy intake can be increased by continuing breastfeeding and increasing food portion size and feeding more frequently with more energy-dense food. The diet should include cereals, staple roots, fruits, vegetables and animal products etc.

## **TYPES OF COMPLEMENTARY FOODS TO BE INTRODUCED**

- ◆ A child's first food should be based on cereal like suji or fruit like banana, thicker than breast milk, and should be bland in taste and mashed or strained to homogenize.
- ◆ Consistency of food gradually needs to be changed from liquid to semisolid and then to solid with advancing age of the child.

## **TIPS YOU CAN USE FOR INTRODUCING SOLID FOODS**

- ◆ Relax while feeding your baby.
- ◆ Only one food should be introduced at a time.
- ◆ Offer homemade local family food.
- ◆ Avoid spices and chilies.
- ◆ Babies who are given family food are more likely to adopt to these later. It gives babies a psychological advantage if they are fed on family foods.
- ◆ There is no need to cook separately; the family food can be modified in consistency, taste, spices etc.
- ◆ Commercially processed foods are seemingly convenient but are not better than homemade foods and they are costly as well.
- ◆ Food should be served to your child on a separate plate or in a bowl. This will give you a fairly good idea of the quantity of food your child has eaten. It also encourages your child to learn to feed himself.
- ◆ Variety should be introduced in your child's diet to make it more appealing.
- ◆ Your child should never be force-fed.
- ◆ If the child dislikes a particular food, it should be removed from his diet for some time and re-introduced at a later stage or mixed with another food that the baby likes.
- ◆ If your child shows a persistent dislike for that food, it should not be forced upon.
- ◆ No food is indispensable and some other substitute can always be given.
- ◆ If a food makes your baby sick or he turns pale, it should not be given, as he may be allergic to that food.
- ◆ Your child needs active feeding i.e., you or caregivers should encourage the child to eat, by talking, playing, paying attention and showing interest, love and affection.

## INSTANT FOOD MIXES

Instant Infant Food from staple cereals and pulses. Instant food mixes by roasting and powdering. The proportion of cereal and pulse can range from 2:1 to 3:1. Roasted groundnuts or gingerly seeds could also be added in the proportion 4:1 or 5:1. These mixes can be kept for more than one month in air tight containers and used whenever required. It is convenient and of much help to families where cooking is done once or twice a day only. Such instant foods help enable adequate feeding of infants.

## RECONSTITUTING INFANT FOOD MIXES FOR FEEDING

Take about 4 Table spoons (50 gms.) of mix. Add 100 ml of boiled hot water to get a thick consistency. Add a tea spoon of oil and sugar/ jiggery /ghee to increase the energy content. Feed the infant with the spoon. The instant infant foods could also be fed to the child after reconstituting with dal, water, gravy, milk etc. Mashed fruit (Banana, Chiku, Papaya, Mango, etc. could also be added to the food).

## WHEAT BASED RECIPIES

	Ingredients	Method of preparation
1.WHEAT MIX	Wheat flour (Whole) 100 g. Bengal gram (Roasted & de-husked) 30 g. Groundnut (Roasted) 20 g.	1. Roast wheat flour. 2. Remove the skin of groundnut. 3. Make powder of roasted Bengal grams and groundnut. 4. Mix with Wheat flour thoroughly.
2. WHEAT FOOD MIX	Wheat 100 g. Roasted Bengal gram Dal 30 g. Groundnut 20 g. Sugar 50 g	1. Clean and roast wheat and groundnut separately (Remove the outer skin of groundnut). 2. Grind roasted bengal gram dal and roasted groundnut and wheat separately to a fine powder. 3. Mix all the ingredients thoroughly and add powdered sugar.
3. WHEAT & GREEN GRAM MIX	Whole wheat 25 g. Whole moong dal (green gram) 10 g	1. Clean whole wheat & whole green gram properly. 2. Roast wheat & green gram separately in hot sand. Grind these individually, and mix together.

5. WHEAT & GREEN GRAM MIX	Wheat 60 g. Green gram dal (roasted) 25 g. Groundnut 15 g.	<ol style="list-style-type: none"> <li>1. Roast wheat or green gram dal and ground nuts separately.</li> <li>2. Powder these roasted ingredients separately.</li> <li>3. Mix thoroughly.</li> </ol>
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## **RICE BASED RECIPIES**

	<b>Ingredients</b>	<b>Method of Preparation</b>
8. PUFFED RICE BENGAL	Puffed Rice 100 g. Bengal Gram 30 g. (Roasted & de-husked)	<ol style="list-style-type: none"> <li>1. Prepare powder of puffed rice.</li> <li>2. Grind roasted Bengal gram.</li> <li>3. Mix all the powdered ingredients thoroughly</li> </ol>
9. RICE MIX	Raw Rice powder 150 g. Roasted Bengal gram Dal 50 g.	<ol style="list-style-type: none"> <li>1. Wash &amp; soak raw rice in water.</li> <li>2. Remove water, dry under sun, grind it. Grind roasted Bengal gram dal.</li> <li>3. Mix the two powdered ingredients.</li> </ol>
10. PUFFED RICE BENGAL GRAM MIX	Puffed rice (murmura) 100 g. Roasted Bengal gram 50 g. Powdered Sugar 50 g.	<ol style="list-style-type: none"> <li>1. Grind Bengal Gram &amp; Roasted puffed rice separately.</li> <li>2. Mix both and add powdered sugar.</li> </ol>
11. PUFFED RICE FOOD MIX	Puffed rice 100 g. Roasted chana 30 g. Roasted groundnuts 20 g. Sugar 50 g	<ol style="list-style-type: none"> <li>1. Powder puffed rice after slightly roasting it.</li> <li>2. Powder roasted chana and groundnut separately.</li> <li>3. Mix all the ingredients and add powdered sugar.</li> </ol>
12. RICE FOOD MIX	Rice 75 g. Moong dal 25 g.	<ol style="list-style-type: none"> <li>1. Roast rice and moong dal separately.</li> <li>2. Grind rice and moong dal to a fine powder.</li> </ol>

### **RAGI BASED INGREDIENTS**

13. RAGI MIX	Roasted Ragi Powder 100 g. Roasted Bengal gram Powder 50 g.	1. Mix the powdered ingredients thoroughly.
14. MALTED RAGI MIX	Malted Ragi Flour 100 g. Roasted Bengal gram Dal 40 g. Groundnut 25 g.	1. Roast groundnut and remove the outer skin. 2. Grind to make a fine powder. 3. Grind separately Bengal gram dal. 4. Mix together all the ingredients.
15. RAGI GREEN GRAM MIX	Ragi 65 g. Green Gram Dal 30 g. Groundnut 15 g.	1. Roast ragi, green gram dal and Groundnuts separately. 2. Powder these roasted ingredients separately. 3. Mix thoroughly.

### **JOWAR BASED RECIPIES—**

16. JOWAR MIX	Roasted Jowar Flour 45 g. Roasted Bengal gram Powder 20 g. Roasted Groundnut 10 g. Sugar 25 g.	1. Mix all the ingredients thoroughly 2. Add powdered sugar and store in air tight container
17. JOWAR FOOD MIX	Jowar 100 g. Green Gram dal 50 g. Gingelly (Til) 25 g.	1. Clean and roast Jowar, green gram dal and till separately. 2. Grind all the three to a fine powder and mix thoroughly.

♦ All the above preparations to be stored in dry air tight containers.

## **FRESH PREPARATIONS**

### **SUJI BASED PREPARATIONS**

18. SUJI PORRIDGE	Wheat Rava (Suji) 40 g. Green Gram Dal (Washed) 10 g. Jaggery 20 g. Fat oil 10 g. Cardamom 1 No. Water 200 ml.	<ol style="list-style-type: none"><li>1. Clean Wheat Rava and greengram dal. Roast separately and mix.</li><li>2. Boil water, add the above mixture and cook till it becomes soft.</li><li>3. Add powdered jaggery and continue cooking, till jaggery dissolves.</li><li>4. Add oil and cardamom powder, mix well and serve hot.</li></ol>
19. SUJI HALWA	Suji (Roasted) 200 g. Groundnut (Roasted) 40 g. Jaggery 100 g. Oil 10 ml. Water 800 ml	<ol style="list-style-type: none"><li>1. Grind groundnuts coarsely after removal of skin.</li><li>2. Heat oil in a pan add suji and fry till light brown.</li><li>3. Add groundnuts to suji and mix well.</li><li>4. Add jaggery and water to the above &amp; cook till it leaves sides</li></ol>
20. SUJI UPMA	Suji 100 g. Ghee/Oil 20 g. Tomatoes 20 g. Potatoes 20 g. Green peas 20 g. Cauliflower 20 g. Onion 20 g. Coriander leaves 20 g. Curry leaves 20 g. Black gram dal 25 g. Green chilies 5 g. Spices As per taste Mustard seeds 5 g.	<ol style="list-style-type: none"><li>1. Soak black gram dal in water for 10 minutes.</li><li>2. Wash and cut all the vegetables into pieces.</li><li>3. Heat Ghee or Oil in a pan. Add mustard seeds, black gram dal, onion and curry leaves.</li><li>4. Cook till golden brown.</li><li>5. Add vegetables and cook till soft.</li><li>6. Add salt, spices and suji with sufficient water.</li><li>7. Cook for sometime.</li></ol>
21. SUJI KHICHERI (RAVA)	Wheat Rava (Suji) 100 g. Green Gram dal 25 g. Fat/oil 10 g. Green leafy vegetables (spinach) 25 g. Salt to taste	<ol style="list-style-type: none"><li>1. Heat oil add 300 ml. of water and boil.</li><li>2. Add washed dal and cook.</li><li>3. Add roasted wheat rava and salt, when the dal is half cooked and</li></ol>

		<p>continue cooking.</p> <p>4. Wash and chop green leafy vegetables and mix with the above mixture and cook for another few minutes, till the khicheri is ready</p>
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### **RICE BASED PREPARATIONS**

22.PAUSHTIK KHICHERI	Rice 100 g. Dal 50 g. Potatoes 20 g. Beans 20 g. Spinach 50 g. Tomatoes 20 g. Onion 10 g. Coriander leaves 10 g. Green chilies 5 g. Fat/oil 15 g. Salt, chilies, turmeric powder As per taste Jeera 5 g.	1. Wash and chop all vegetables. 2. Pick, wash and soak rice and for 15-20 minutes. 3. Heat fat / oil, add jeera and fry onion, till golden brown. 4. Add all the vegetables and spices. 5. Add soaked rice and dal. 6. Add sufficient water and cook till soft. 7. Serve khicheri with coriander leaves
23. GREEN GRAM RICE PORRIDGE	Green gram dal 30 g. Rice 30 g. Water 200 ml. Milk 50 ml. Jaggery 20 g.	1. Wash & cook rice and dal together till soft, mash well and add milk, jaggery and stir thoroughly. 2. Simmer till jaggery dissolves and serve
24.PARBOILED RICE LUTHURI (PORRIDGE)	Parboil rice Powder 100 g. Sugar 20 g. Milk 50 g. Banana 50 g	1. Roast parboiled rice powder. 2. Cook parboiled rice powder with milk for a few minutes and add sugar. 3. Add mashed banana and mix thoroughly and serve.
25. RICE FLAKES POWDER LUTHURI	Rice flake Powder 100 g. Sugar 20 g. Milk 50 ml. Banana ½ No. or 50 g	1. Mix rice flakes powder with milk. 2. Add mashed banana. 3. Mix thoroughly and serve

26. KHICHERI	Rice 100 g. Lentils 50 g. Spinach 100 g. Carrots 50 g. Oil 10 g. Salt To taste	<ol style="list-style-type: none"> <li>1. Cook rice and dal separately.</li> <li>2. Mash cooked rice and dal.</li> <li>3. Wash and cut carrots and spinach. Cook to form Puree.</li> <li>4. Add carrot spinach Puree to rice dhal mixture along with salt.</li> <li>5. Add oil to the khicheri</li> </ol>
27. SPINACH PONGAL	Rice 50 g. Roasted Green gram dal 25 g. Spinach 20 g. (Drumstick leaves or any other green leafy vegetable may be substituted) salt to taste Fat/oil 5 ml.	<ol style="list-style-type: none"> <li>1. Clean rice &amp; dal. Soak for some time in water. Using the same water used for soaking, cook the rice and dal.</li> <li>2. Wash spinach leaves, cut and steam. Mash the leaves and sieve.</li> <li>3. Mix the sieve spinach soup with boiled rice &amp; dal. Add salt to taste, mix thoroughly and serve.</li> </ol>

### **RAGI BASED PREPARATIONS**

28. RAGI LADDU	Ragi flour 50 g. Jaggery 50 g. Groundnut seeds 15 g. Oil 5 ml.	<ol style="list-style-type: none"> <li>1. Steam cook ragi flour for 20 minutes.</li> <li>2. Roast groundnut, remove the outer red skin and powder coarsely.</li> <li>3. Prepare jaggery syrup of three thread consistency.</li> <li>4. Add steam cooked ragi flour, groundnut powder and oil.</li> <li>5. Mix all the ingredients thoroughly and make laddus.</li> </ol>
29. RAGI HALWA	Ragi flour 35 g. Jaggery 20 g. Groundnut 25 g. Ripe Papaya 15 g. Water 50 ml	<ol style="list-style-type: none"> <li>1. Roast groundnuts, remove red skin and grind to a fine powder.</li> <li>2. Roast ragi flour. Prepare Jaggery syrup using 50 ml water.</li> <li>4. Add roasted groundnut flour &amp; ragi flour. Cook along with mashed ripe papaya.</li> </ol>



		6. Cool and serve.
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### **DALIA (BROKEN WHEAT) BASED PREPARATIONS**

30. DALIA PORRIDGE	Dalia (Broken wheat) 25 g. Moong dal 20 g. Milk 60 ml. Sugar 30 g. Ghee/oil 15 g	<ol style="list-style-type: none"> <li>1. Roast broken wheat in a pan.</li> <li>2. When half done, add dhal and continue roasting till light brown.</li> <li>3. Add water to the above, cook till soft and slightly thick (semi solid).</li> <li>4. Remove from fire. Add milk, sugar and oil. Boil for a few minutes and serve.</li> </ol>
31. DALIA KHICHERI	Dalia 100 g. Masurdal 30 g. Moongdal 20 g. Potato 50 g. Pumpkin 50 g. Amaranth (tender) 50 g. Onion 10 g. Oil 10 ml. Salt & Haldi to taste Water sufficient to cook	<ol style="list-style-type: none"> <li>1. Wash and peel the vegetables and cut into pieces (medium size).</li> <li>2. Wash green leafy vegetables thoroughly and chop. Wash dalia and dal.</li> <li>4. Heat oil in a pan and add chopped onion and vegetables.</li> <li>5. Fry for sometime. Add dalia and dal, mix thoroughly.</li> <li>7. Add salt, haldi powder and warm water and cook till dalia and vegetables become soft.</li> </ol>

### **RAGI BASED PREPARATIONS**

32. RAGI LADDU	Ragi flour 50 g. Jaggery 50 g. Groundnut seeds 15 g. Oil 5 ml.	<ol style="list-style-type: none"> <li>1. Steam cook ragi flour for 20 minutes.</li> <li>2. Roast groundnut, remove the outer red skin and powder coarsely.</li> <li>3. Prepare jaggery syrup of three thread consistency.</li> <li>4. Add steam cooked ragi flour, groundnut powder and oil.</li> <li>5. Mix all the ingredients thoroughly and make laddus.</li> </ol>
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33. RAGI HALWA	Ragi flour 35 g. Jaggery 20 g. Groundnut 25 g. Ripe Papaya 15 g. Water 50 ml.	<ol style="list-style-type: none"> <li>1. Roast groundnuts, remove red skin and grind to a fine powder</li> <li>2. Roast ragi flour.</li> <li>3. Prepare Jaggery syrup using 50 ml water.</li> <li>4. Add roasted groundnut flour &amp; ragi flour.</li> <li>5. Cook along with mashed ripe papaya.</li> <li>6. Cool and serve</li> </ol>

### **OTHER PREPARATIONS**

36. PEAS GHOUGHNI	Dry Peas 100 g. Potato 100 g. Onion 25 g. Oil 10 g. Coriander leaves 2 g. Turmeric powder & salt to taste	<ol style="list-style-type: none"> <li>1. Soak peas overnight in warm water.</li> <li>2. Boil peas and potatoes.</li> <li>3. Chop onion and boiled potatoes into pieces.</li> <li>4. Heat oil in a pan, add chopped onion, and fry for sometime.</li> <li>5. Add boiled peas, potatoes and chopped coriander leaves.</li> <li>6. Add salt and turmeric powder, cook for few minutes.</li> </ol>
37. SOUP	Rice 100 g. Bengal gram 50 g. Amaranth 50 g. Tomato 100 g. Salt to taste Oil 30 ml.	<ol style="list-style-type: none"> <li>1. Wash and soak rice and dal for an hour or so.</li> <li>2. Cook all with salt and water till soft.</li> <li>3. Mash and strain through a sieve.</li> <li>4. Pressing the contents with a laddle.</li> <li>5. Add oil and serve</li> </ol>