

First-Year Indian First-Foods Chart

A month-by-month guide to introducing Indian first foods.

A gentle note

Breast milk or formula is the main source of nutrition through the first year. Solid food is about taste, texture and practice — not replacing milk. Introduce one new food at a time, wait 3 days, and watch for allergy or tummy upset. Always consult your pediatrician before starting solids, typically around 6 months.

Month-by-month

Age	What to offer	Texture	Indian foods to try
0-4 mo	Breast milk or formula only	Liquid	—
4-6 mo	Breast milk / formula; readiness signs only	Liquid	—
6 mo	Single-grain porridge, mashed fruit & veg	Smooth purée	Rice porridge (kanji), moong dal water, mashed banana, steamed & puréed apple, carrot purée
7 mo	Thicker purées, lentils, soft grains	Mashed, lumpy	Moong dal khichdi (mashed), ragi porridge, mashed potato, pumpkin purée, ghee with rice
8 mo	Soft finger foods, protein	Soft lumps, mashed	Idli bits, soft roti torn small, mashed egg yolk, paneer crumble, soft-cooked dal
9-10 mo	Family food mashed soft, self-feeding practice	Soft chunks	Khichdi, upma (mashed), soft dosa pieces, curd rice, steamed vegetable sticks
11-12 mo	Most family foods, cut small	Soft, small pieces	Roti torn small, rice & dal, mild sabzi, soft paneer, seasonal fruit slices

Foods to avoid in the first year

- Honey (risk of infant botulism) until 12 months
- Cow's milk as a drink (use only in cooked food); breast/formula is best
- Added salt and sugar — let baby taste food as it is
- Whole nuts, popcorn, whole grapes — choking hazards
- Raw or undercooked eggs, fish or meat
- Juice and packaged drinks — offer water after 6 months instead

Allergy-friendly approach

Introduce common allergens (egg, nut butters thinned with milk, wheat) one at a time in small amounts after 6 months. Early, careful introduction can reduce allergy risk. If there is a family history of allergy, discuss a plan with your pediatrician first.

Adapted from general pediatric weaning guidance for Indian homes. A guide to nourish with confidence — not a substitute for your doctor's advice.

Print it. Pin it. Feed with love. — Ujjval Panth