

# Diverse INDIAN FOODS For Your Baby



## Beetroot and potato puree

This nutritious and simple puree is a great first food for babies.



## Ragi (finger millet) halwa with jaggery

Offer this tasty and fiber-rich food that helps keep your baby fuller for longer.

## Sweet corn paratha with wheat flour

Introduce various spices to your baby with this delicious paratha.



## Vegetable oats pancakes with gram flour

Add soft and crisp veggies to make this dish more nutritious and enjoyable.

## Mixed dal rice with various pulses

This popular go-to vegetarian dish is an excellent source of protein and essential nutrients.



## Dahi poha with yogurt and flattened rice

An easy-to-make, flavourful and refreshing snack or meal for infants.

Note: Consult a pediatrician before introducing new foods or selecting age-appropriate foods to include in your baby's diet.