










24 WEIGHT GAINING FOODS FOR Babies

 <p>BREASTMILK</p>	On demand	 <p>OATS</p>	Porridge, pancakes, Bakes
 <p>BANANA</p>	Banana Puree, pancakes, muffins, cakes	 <p>AVOCADO</p>	Puree
 <p>RAW KERALA BANANA</p>	Porridge	 <p>RAGI</p>	Porridge, pancakes, dosa, cookies, roti
 <p>PEACH</p>	Puree, Smoothie, Milkshakes	 <p>SATHUMAABU HEALTH MIX</p>	Porridge, cutlets , cookies, pancakes
 <p>PEAR</p>	Puree, Porridge	 <p>OLIVE OIL</p>	Can be used for cooking
 <p>PEAS</p>	Soup, Khichdi,	 <p>POTATO</p>	puree, porridge, khichdi, cutlets, balls
 <p>SWEET POTATOES</p>	Puree, Porridge, rice,Pancakes	 <p>EGG</p>	Scrambled, Egg pudding, pancakes
 <p>CHICKEN</p>	Puree, Chicken soup, Chicken stock	 <p>COCONUT OIL</p>	Can be used for cooking
 <p>GHEE</p>	One tsp per day for 6 Month+ Babies, and 1 Tbsp for 1 year+	 <p>MULTIGRAIN HEALTH DRINK</p>	Porridge, Drink
 <p>CHEESE</p>	Cheese slices, cheese omelettes	 <p>YOGHURT (CURD)</p>	Flavoured Yoghurt, smoothies
 <p>DRY FRUITS</p>	Dry Fruit Powder, Dry Fruit Laddu, Dry fruit bars	 <p>SAPODILLA (CHIKOO)</p>	Puree, porridges, milkshakes
 <p>WHOLE WHEAT</p>	Porridges, pancakes, roti, cookies	 <p>PUMPKIN</p>	Purees, Khichdi, pancakes