



## DESIGN A HEALTHY AND DELICIOUS MEAL PLAN FOR YOUR 9-MONTH-OLD

Mashed fruits such as papaya, banana, and mango



Well-cooked rice and dal (lentils)

Boiled and mashed egg or omelet



Cooked and diced chicken and fish

Fresh home-made fruit juices, such as watermelon and apple



Cooked vegetables such as sweet potato and carrot