



Babies like eating, in nature!

Feeding Your Baby

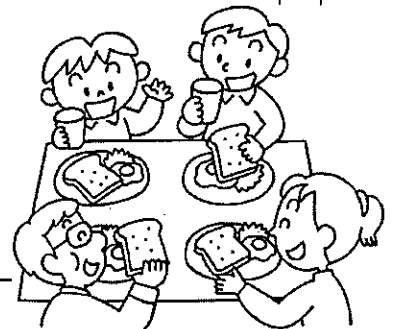
Let's foster our babies' appetites in relief and comfort!

Why is baby food necessary?

- ★To supplement nutrition which cannot be provided from breast milk or formula
- ★To develop motor skills from "drinking" breast milk or formula to "eating" foods
- ★To experience other tastes, and learn the joy of eating

Important points

- ★Maintain a daily feeding schedule and consistent meal times
- ★Watching your baby's mouth movements, decide the solidity of your baby's food
- ★Reduce seasoning. In the beginning, have your baby experience the taste of food without seasoning.
- ★Babies don't have a strong immune system.
Wash your hands and kitchen tools thoroughly.
- ★Speak to your baby in a cheerful mood during meals.



Yamato City Office Thriving Children Section Mother and Child Health Care Registered Dietitian
























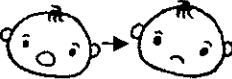



TEL 046(260)5609

Please feel free to call with any concerns!



Guideline for Feeding Your Baby

英語

		Start			Complete
		Beginning (Age 5-6 months)	Middle (Age 7-8 months)	Late (Age 9-11 months)	Complete (Age 12-18 months)
Guideline of baby food and breast milk/formula	6:00 A.M.				
Example of schedule	10:00 A.M.	 + 	 + 	 + 	
	2:00 P.M.				
	6:00 P.M.				
	10:00 P.M.				
		☆After a meal, you can give your baby breast milk/formula as much as he/she wants. (As the amount of baby food increases, the quantity of breast milk/formula decreases.)			Only breast milk/formula or milk 300-400ml a day (Or, milk 200ml+cheese/yogurt)
Maintain a consistent schedule and give only as much breast How to feed your baby		☆Watching at your baby's condition, start from one spoonful of food. ☆Give breast milk/formula as much as he/she wants.	☆Make sure your baby has two meals per day, and maintain a consistent meal ☆Introduce different kinds of foods so that your baby enjoys different tastes and textures.	☆Make sure your baby eats three meals per day, and maintain a consistent ☆Eat with family and share cheerful experiences at meal time.	☆Make sure your baby eats three times per day, and maintain your schedule. ☆Have your baby eat with his/her own hands for a more enjoyable eating experience.
Mouth movements Wait until your baby closes his/her lips and can swallow on his/her own!		Gradually he/she closes his/her mouth and can take in or swallow. 	He/she can close his/her mouth and mash with upper jaw.  Lips become flat and appear like a straight line.	He/She can move his/her tongue, put food on molar teeth, and mash it with gum.  Edge of lip will slightly protrude while chewing	He/she uses teeth.  Learning to bite
Type of food		Mash smoothly (Potage→Jam)	Crushable by tongue (Like tofu)	Crushable by gum (Like banana)	Can be bitten by gum
Quantity per one meal	I Rice	①Start from mashed porridge.* ②Try mashed vegetables, etc. ③As your baby gets used to these foods, try mashed tofu/white fish/egg yolk. *Mashed porridge refers to ten-times mashed porridge-- See below.	Porridge 50-80g	Porridge 90g - Soft rice 80g	Soft rice 90g~rice 80g
	Bread		Pap	Bread	Toasted bread
	Udon noodle		Thoroughly boiled Udon	Soft boiled Udon	Soft boiled Udon
	II Vegetable/Fruit	20-30g	30-40g	40-50g	
	III Fish	10-15g	15g	15-20g	
	Meat	10-15g	15g	15-20g	
	Tofu	30-40g	45g	50-55g	
Egg	1 yolk - 1/3 of whole egg	1/2 of whole egg	1/2 of whole egg →2/3		
Dairy products	50-70g	80g	100g		

Start with lean meat with less fat (i.e. fish) from the middle term.

※The quantities above are servings for each meal type. If you give two different types, serve about a 1/2 measure for each.

The quantity on the table above is an example guideline. Adjust the quantity according to your baby's appetite, growth and development.

Write your baby's weight and height in the growth curve graph, and make sure the growth follows the curve. If his/her growth widely deviates from the growth curve, or remains on the same level, consult your doctor, public health nurse, or dietician.

To prevent future illnesses, set the basis for a healthy diet when you feed your baby!



★ When should you start feeding your baby?

- Does your baby hold his/her head upright?
- Does your baby sit up with support?
- Do you generally feed baby breast milk/formula at a scheduled time?
- Does your baby show interest in food? (Salivate/move mouth/try to take etc.)
- When you put a spoon in your baby's mouth, does he/she push it away with his/her tongue less frequently?

When the conditions in the left column are shown at about 5-6 months of age, start feeding your baby.



◎ Initial guideline for feeding your baby

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	30	
I Rice/Bread Udon noodle Energy	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	Increase to 5-6 spoons					
II Vegetable/ (Fruit) Vitamin/ mineral								☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	Increase
III Tofu/Fish York/(Meat) Protein															☞	☞	☞	☞	☞	Increase

Your baby's first meals should be one spoonful, when he/she is in good condition.

★ Attention

- Avoid foods which are difficult to digest or which may trigger allergic reactions. (Burdock root/lotus root/bamboo shoot/squid/octopus/shrimp/crab/salmon roe/soba noodle, etc.)
- Honey should be avoided under the age of 12 months for preventing infant botulism.
- Do not substitute cow's milk for breast milk or formula until your baby is over one year of age. (Using a small amount for your baby's meals is no problem.)

More and more children don't like porridge or white rice. Introduce the original taste of rice to them!

★ How to make porridge (Guideline of water quantity)

	10 times porridge	7 times porridge	5 times porridge	Soft rice
From rice	Rice 1: Water 10	Rice 1: Water 7	Rice 1: Water 5	Rice 1: Water 3
From cooked rice	Cooked rice 1: Water 9	Cooked rice 1: Water 6	Cooked rice 1: Water 4	Cooked rice 1: Water 2

※Porridge may differ according to the quantity/quality of rice or the size of the pot.

In the beginning, please pay attention to how your porridge comes out. The less rice you cook at one time, the more water you will need to use.

★ Prevent shortage of iron and vitamins

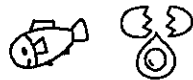
When breastfeeding, your baby's iron or vitamin D levels may be deficient at around 6 months of age. It is recommended to feed your baby at the appropriate time to provide iron and vitamin D from various kinds of foods. It is also recommended to provide formula or follow-up milk (from the age of 9 months) with your baby's meals.

[Sources of iron]
Liver/Lean meat or fish/Soybean products (tofu/natto/kinako etc.)
Egg/Komatsuna/spinach



★ About food allergies

- ◆ There is no scientific evidence suggesting that it is possible to prevent food allergies by delaying the start of baby food or specific ingredients.
- ◆ To prevent allergies, it's important to take care of your baby's skin and to keep his/her skin in good condition.
- ◆ When you feed your baby, please consult a doctor if you see any allergic symptoms, rather than judging by yourself.



★ From the age of 7 months
Menu for sharing meals with an adult

Ex.) Sharing curry rice

[How to cook]

- ① Cut ingredients for curry. Heat oil in a pot and fry ingredients.
- ② After all is covered with oil, add the water and boil till ingredients become soft.
- ③ Add curry roux to ②, and boil.

Divide ingredients with soup.

- ☞ Butter taste: After dividing, mix butter and boil.
- ☞ Milk stew: After dividing, add formula or milk and boil.
- ☞ (After the age of 9 months) Arranged stew: After dividing, season and boil. (with miso/ketchup etc.)

☞ (After 9 months of age) Wash ingredients through hot or cold water to remove curry roux and boil them in formula or milk, becoming curry milk stew.

How to choose a spoon

Choose one with a narrow, shallow (plain) bowl for your baby to take food easily. A longer handle is easier to feed with.

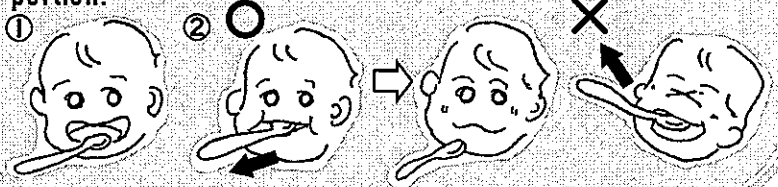


幅が狭くて浅め 持つ部分が長め

Narrow and shallow Long handle

How to feed your baby

- ① Put a spoon on his/her lower lip and wait till he/she opens his/her mouth.
- ② Wait until your baby closes his/her mouth and takes food, then pull the spoon flatly. Don't rub his/her upper jaw.
- ③ Wait until he/she swallows before giving the next portion.



Develop their motivation to eat with

When your baby tries to touch food or learn how to grab it, prepare some food he/she can hold easily. Even if he/she isn't interested in touching, it's important to prepare your baby learn how to hold food more easily during later stages of feeding.

This is the basis for learning how to use a spoon or chopsticks, so give him/her ample experience.

When your baby is interested in food, now is the chance to start!



◆Frequently asked questions◆

Q:How much hydration does my baby need?

A:Breast milk or formula provide adequate hydration for your baby.

So, a little warm water or light barley tea for washing after a meal or bath is enough.

Juices and ion beverages are not necessary.

Q:What is "follow-up milk"?

A:This is an alternative to milk, and rich in iron.

But it cannot be replaced with breast milk or formula. The baby can drink it from 9 months after his/her birth, but if your feeding schedule is proceeding without any problems, it isn't necessary to replace formula with follow-up milk.

To provide enough iron and vitamin D, putting supplements in baby food is acceptable.

Points in using baby food products

★Choose the right products based on your baby's age and ability to eat solid foods. Try a bite/sip to make sure the taste, solidity, and temperature are OK before feeding.

★Consider the size, solidity, and seasoning in your own food before feeding your baby.

★Utilize them outside or in no time. Or Use them to supplement the lack of nutrition, or to season cooked food as a sauce, and so on.

★Do not feed your baby leftovers or pre-cooked food.

Yamato city character
『Yamaton』



Prepare for emergencies

★It is recommended to keep formula in stock, even if you are breastfeeding. A baby bottle (if not, paper cups), spoon, and drinking water (soft water) need to be available for emergencies. Liquid formula is convenient, since there is no need to make it on your own.

★Stock ingredients for staple foods/main dishes/sides. Stock up on baby food products which can be used daily, as well as dry foods /cans /vegetable juices.

★Special products, such as allergy-free foods, are difficult to get. If your children have allergies, stock a large amount in advance.

Make sure your family is prepared for disaster