

<Guide on How to Proceed with Baby Food>

Recommended amount per serving

◎If your baby has an allergy, consult the family doctor or nutritionist.

◎ When giving a food for the first time, start with a small portion.



Nishinomiya City Mascot on dietary education and fitness- "Miya-chan"

Age in months	Start baby food (Early period)	Give various kinds of food (Middle period)		Baby food will be the main part of meals (Latter period)			Advance to food for toddlers (Completion period)	
	5 - 6 months	7 months	8 months	9 months	10 months	11 months	12 - 18 months	
Movements in the mouth	Baby will learn to take in or swallow by closing mouth	Baby will learn to mash food with tongue and upper jaw		Baby will learn to mash food with gums			Baby will start to use teeth	
How to feed	◎Observe your baby and start from a spoonful of food so that the baby will slowly get used to the feeling on the tongue and the taste.	◎Try to make a rhythm of 2 baby foods a day . ◎ Try to add various kinds of food so that the baby can enjoy various tastes and feeling on the tongue.		◎Advance to 3 baby foods a day . ◎By eating together with the family, the baby can accumulate fun food experiences.			◎Teach the fun to eat on their own by letting the baby eat with his/her hands ◎Establish the rhythm of life and meals for the baby	
How to prepare food (Guideline for consistency)	Mash smoothly (similar to a thick soup)	Solid enough for baby to mash with tongue (similar to tofu)		Solid enough for baby to mash with gums (similar to bananas which can be mashed with fingers)			Solid enough for a baby to chew with gums (similar to meatballs)	
Example of time and numbers	6:00 am ○ 10:00 am ◐ 2:00 pm ○ 6:00 pm ○ 10:00 pm ○ ○milk (breast, formula) ●baby food □snack	6:00 am ○ 10:00 am ◐ ◐ 2:00 pm ○ ○ 6:00 pm ◐ ◐ 10:00 pm ○ ○	6:00 am ○ 10:00 am ◐ ◐ 2:00 pm ○ ○ 6:00 pm ◐ ◐ 10:00 pm ○ ○	6:00 am ○ 10:00 am ◐ ◐ ◐ 2:00 pm ◐ ◐ ◐ 6:00 pm ◐ ◐ ◐ 10:00 pm ○ ○ ○	6:00 am ○ 10:00 am ◐ ◐ ◐ 2:00 pm ◐ ◐ ◐ 6:00 pm ◐ ◐ ◐ 10:00 pm ○ ○ ○	6:00 am ○ 10:00 am ◐ ◐ ◐ 2:00 pm ◐ ◐ ◐ 6:00 pm ◐ ◐ ◐ 10:00 pm ○ ○ ○	Breakfast ● 10:00 am □ ◐ Lunch ● 3:00 pm □ ◐ Dinner ●	When giving snacks, decide the time and quantity so that the snacks do not affect the meals

Base for energy	Rice	<How to start baby food>															Start with 1 teaspoon	50 - 80g/ serving	Whole grain rice porridge(1:5) 80g/serving to softly cooked rice 90g/serving	Softly cooked rice 90g/serving to cooked rice 80g/serving
	Wheat	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Mashed porridge (1:10) to (1:7)	Whole grain rice porridge (1:5)	French toast, pancake or boiled macaroni, spaghetti	Toast
		D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	Bread porridge, noodles(udon) [cooked and mashed]	Bread porridge, noodles (udon) [cooked until soft]		
	Potatoes	y	y	y	y	y	y	y	y	y	y	y	y	y	y	y	Potatoes, sweet potatoes[cooked and mashed]	Taro (satoimo) [cooked and mashed coarsely]	[Cooked until soft]	[Fried, stewed, etc.]

After the 15th day, try to add more food variety while checking the total amount!

◎This is only the rough standard amount. Please arrange the amount of food according to your child's appetite or growth and development.
 ◎ Try not to worry too much about the one time amount of food but think of as the amount for the day
 ◎ Record the weight and height of your child to the growth curve and check if your child's curve fits with the growth curve.

Adjust the health condition	Vegetables (including mushrooms, seaweed)	1 teaspoon (5 ml) a day	Start with 1 teaspoon	20 - 30g /serving	30 - 40g/ serving	40 - 50g/serving
			1 teaspoon (5 ml) a day	Japanese radishes, carrots, pumpkins, turnips, Chinese cabbage, cabbage, spinach, onions, etc. [Boil until soft and mash]	Greens, tomatoes, cucumbers, eggplants, etc. [Mashed or minced] green laver, seaweed [Rub into small pieces, simmer until soft]	Vegetables excluding the ones difficult to chew [Stewed, sauteed, marinated] Mushrooms, roasted seaweed(yakinori), hijiki seaweed [Stewed until soft and mashed]
	Fruits		Apples [Grated]	[Grated or ground]	[Can serve as it is]	[Can serve as it is]

◎This is the one time amount of vegetables and fruits added together. Vegetables should be the main food to give.

Base for blood, muscles and bones	Fish	Start with white-meat fish such as sea bream or icefish, then from 7 months, advance to red-meat fish such as bonito or tuna <Start with one teaspoon and then, 10 - 15 g/serving>[Mash]→[Crumble]	Blue fish such as sardine and horse mackerel <15 g/serving> [saute, stew]	—<15-20g/serving> →
	Soybeans	Tofu <Start with one teaspoon, then 30 - 40g/serving> Toasted soybean flour (kinako) <Start with a small portion then up to 1 tablespoon/serving>	crushed fermented soybeans(hikiwari natto) <up to 15g/serving>	—<45 g/serving> →
	Eggs	Mashed boiled egg yolk [Hard boiled] <Start with 1 teaspoon of egg yolk, from 7 months, 1 egg yolk - 1/3 whole egg/serving>	Whole egg [fry, boil] <1/2 whole egg/serving>	—<1/2-2/3 whole egg/serving> →
	Meat	Start with liver paste or white chicken meat <Start with 1 teaspoon, then 10-15g/serving>	Minced red meat of chicken, pork or beef <15g/serving>	Red meat <15-20g/serving>
	Dairy product	Heated milk (as warm as to use for cooking) <Start with 1 teaspoon, then 50-70g/serving>	<80g/serving>	100g/serving Start giving milk gradually from one years old (Do not give more than 300g a day)

◎Written on the right is the amount to be used per each serving when choosing only one food from fish, soybeans, eggs, meat or dairy. If you will combine more than one of these foods, check the standard amount and adjust the total amount.

Broth Seasoning Oil	Do not use chemical seasonings	When using seasoning or oil, add a small portion just to give flavor.
		Broth (Dried kelp (konbu), dried shitake mushroom) (Dried sardines(niboshi), bonito flakes(katuobushi)) Salt, soybean paste (miso), suger, soy sauce * Just to give flavor Butter, margarine, ground sesame seeds