

< List of food for baby food >

- ◎ This is only a rough standard. Please choose the foods according to your child's appetite, growth and development.
- ◎ Try to arrange the method of cooking according to each food so that the size and consistency is easy to eat.
- ◎ When giving a food for the first time, start with a small portion and combine with the foods that your child is used to.
- ◎ If your child has an allergy, please consult the family doctor or nutritionist.


- Foods that are easy to eat, digest and absorb
- △ Foods that need attention on the solidity, taste and quantity when giving to your child
- Foods that are difficult to eat, or not yet the time to give to your child

		Name of food	Early period 5-6 months	Middle period 7-8 months	Latter period 9-11 months	Completion period 12-18 months
Base for energy	Rice	Rice	○	○	○	○
	Flour	Noodles(udon)	○	○	○	○
		Thin noodles(somen)	○	○	○	○
		Macaroni	—	△	○	○
	Potatoes	Sliced bread	○	○	○	○
		Bread roll	—	△	○	○
		Potatoes	○	○	○	○
		Sweet potatoes	○	○	○	○
		Taro	—	○	○	○


		Name of food	Early period 5-6 months	Middle period 7-8 months	Latter period 9-11 months	Completion period 12-18 months	
Seasonings, etc.	Seasonings (keep the taste light with just a little)	Salt	—	△	△	△	
		Soybean paste(miso)	—	△	△	△	
		Sugar	—	△	△	△	
		Soy sauce	—	△	△	△	
		Sweet cooking rice wine	—	△	△	△	
		Vinegar	—	△	△	△	
		Ketchup	—	—	△	△	
		Mayonnaise	—	—	—	△	
		※Honey	Do not give until 1 year or older				△
		Curry powder	—	—	—	△	
	Fat and oil	Butter	—	△	○	○	
		Margarine	—	△	○	○	
		Ground sesame	—	○	○	○	
		Plant oil		—	—	○	○
				—	—	○	○

※・・・In order to prevent infants' botulinum intoxication, avoid giving honey to infants less than 1 year old.

You can find recipes on the Nishinomiya City Website Please utilize them.



• Various consultations and lectures on child rearing



• How to proceed with baby food

		Name of food	Early period 5-6 months	Middle period 7-8 months	Latter period 9-11 months	Completion period 12-18 months
Adjust the health condition	Vegetables	Carrots	○	○	○	○
		Pumpkins	○	○	○	○
		Japanese radishes	○	○	○	○
		Turnips	○	○	○	○
		Broccoli	○	○	○	○
		Onions	○	○	○	○
		Spinach	○	○	○	○
		Cabbage	○	○	○	○
		Chinese cabbage	○	○	○	○
		komatsuna (green leaves)	△	○	○	○
	Tomatoes	△	○	○	○	
	Cucumbers	△	○	○	○	
	Eggplants	—	○	○	○	
	Green peppers	—	△	○	○	
	Leek	—	△	○	○	
	Green beans	—	—	○	○	
	Bean sprout	—	—	○	○	
	Mushrooms	Shitake mushrooms	—	—	○	○
		Shimeji mushrooms	—	—	○	○
		Enoki mushrooms	—	—	○	○
Green laver		—	○	○	○	
Seaweed	Wakame seaweed	—	○	○	○	
	Cooked seaweed(yakinori)	—	—	○	○	
	Hijiki seaweed	—	—	○	○	
Fruits	Apples	○	○	○	○	
	Bananas	△	○	○	○	
	Oranges	△	○	○	○	
	Strawberries	△	○	○	○	

"Miya-chan". a mascot for Nishinomiya's food education and fitness



		Name of food	Early period 5-6 months	Middle period 7-8 months	Latter period 9-11 months	Completion period 12-18 months	
Base for blood, muscle and bones	Fish	Dried icefish	○	○	○	○	
		White-meat fish	Sea bream	○	○	○	○
			Flatfish, flounder	○	○	○	○
			Pacific cod	△	○	○	○
			Salmon	△	○	○	○
		Red-meat fish	Bonito	—	△	○	○
			Tuna	—	△	○	○
			Sardine	—	—	○	○
			Horse mackerel	—	—	○	○
		Blue fish	Mackerel	—	—	△	○
	Clam		—	—	—	△	
		Squid, octopus	—	—	—	△	
		Shrimps, crabs	—	—	—	△	
		Canned tuna	—	△	○	○	
	Soybean product	Tofu	○	○	○	○	
		Toasted soybean flour (kinako)	○	○	○	○	
		Freeze-dried bean curd (koyadofu)	—	○	○	○	
		Fermented soybean(natto)	—	—	○	○	
		Boiled soybean	—	—	△	○	
		Deep fried tofu (aburaage)	—	—	—	△	
White chicken meat		—	○	○	○		
Liver		—	○	○	○		
Chicken		—	△	○	○		
Red-meat of pork		—	—	○	○		
Meat	Red-meat of beef	—	—	○	○		
	Ham	—	—	—	△		
	Sausages	—	—	—	△		
	Eggs	Egg yolk	○	○	○	○	
		Egg white	—	○	○	○	
Dairy product	Milk (Heat until 1 years old)	—	△	△	○		
	Yogurt	—	△	○	○		
	Processed cheese	—	—	○	○		
Fish paste product	Steamed fish paste, fish sausage	—	—	—	△		