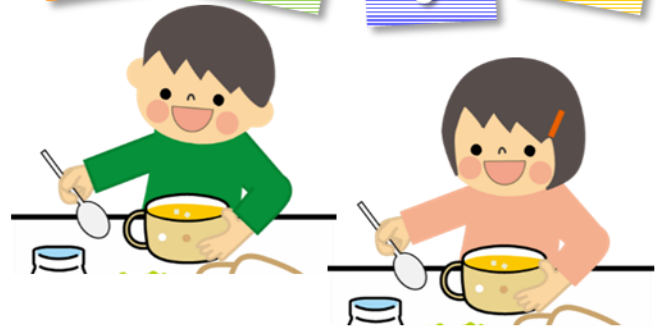


★ E n j o y ! ★



# Weaning Food to Infant Food



From about 5 ~ 6 months to 18 months, the baby learn the function of "drinking" "swallowing food" "chewing food" and develop the function. How to advance weaning depends on your baby's growth, no need to hurry and enjoy weaning.

# Early weaning (about 5-6 months)

**Standard** Starting at about 5 or 6 months, when the baby can hold up its own head and shows interest in food.

- Goal**
- ① Baby can swallow mashed food.
  - ② Get accustomed to various ingredients through the stages.



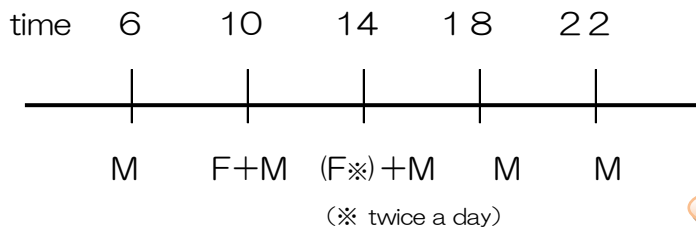
## Key points when starting

- ① Start on the day when the baby is in good health.
- ② Choose fresh ingredients, wash your hands when you cook, use clean cookware.
- ③ Once the baby gets used to it, combine ingredients and develop his/her taste.
- ④ After one month, you may proceed to feed twice a day.
- ⑤ In case of breastfeeding, you should give foods rich in iron and vitamin D to the baby deliberately. You can use baby formula as a baby food when needed.



## Rhythm of the day (sample)

M...baby formula or mother's milk F...baby food

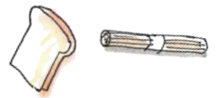


You should try to make a well balanced meal containing grains, proteins, vegetables etc.

## List of food about 5-6 months

### 1. Grains

- **porridge**... mashed 10-to-1 porridge
- **bread**... Cut small pieces and cook with milk or vegetable broth (easy to grate frozen one)
- **noodles**... From 6 months used to porridge. Boil until soft and mash until smooth, and stew in thin soup or milk.
- **potato, sweet potato**... Peel. Boil and puree with hot water or milk until smooth.



### 2. Protein products

- **Tofu**... Boil tofu and mash.
- **Egg-Yolk**... Make a hard-boiled egg. Remove only the Yolk. Moisten with soup or milk.
- **White-meat fish**... Boil or cook white-meat fish low in fat (cod, flounder, red snapper etc.) . Puree until smooth and put in porridge, vegetable or soup. In case of whitebait, you parboil to remove salt and mash.



### 3. Vegetables/fruits

- **vegetable**... Boil or cook with stock until soft vegetable low in fiber, pumpkin, carrot, turnip, spinach leaf tip, then mash them and puree with boiled soup. Once you get to used to it, try onion, cabbage, Chinese cabbage, broccoli etc.

◆Amount for one serving◆ (※When eating two proteins, halve them)

1	mushed porridge (10-to-1 porridge)	30 g (tsp6) ~ 40 g (tsp8)							
2	<table border="0"> <tr> <td>tofu</td> <td rowspan="3">} ※ one of them</td> <td>teaspoon 1 ~ 2</td> </tr> <tr> <td>white-meat fish</td> <td>teaspoon 1 ~ 2</td> </tr> <tr> <td>egg-yolk</td> <td>1/4 ~ 1/2 egg-yolk</td> </tr> </table>	tofu	} ※ one of them	teaspoon 1 ~ 2	white-meat fish	teaspoon 1 ~ 2	egg-yolk	1/4 ~ 1/2 egg-yolk	
tofu	} ※ one of them	teaspoon 1 ~ 2							
white-meat fish		teaspoon 1 ~ 2							
egg-yolk		1/4 ~ 1/2 egg-yolk							
3	vegetable • fruit	teaspoon 3 ~ 4							



# ★Mid-weaning (About 7-8 months)

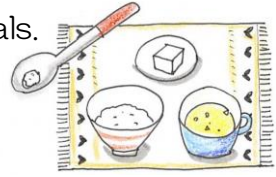


**Standard** The baby can mash food using the tongue and upper jaw.

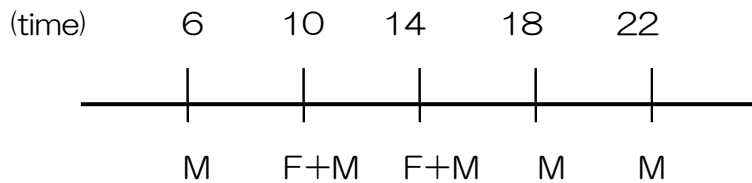
- Goal**
- ① The baby can eat the food soft enough to be mashed with tongue.
  - ② The baby can crush the food as hard as tofu with tongue.
  - ③ The baby can get 30-40% of nutrients needed for a day in two meals.

## Eating guidelines

- ① Offer baby food twice per day and set the mealtime rhythm.
- ② Eat the grains, protein products, vegetables /fruits every meal.
- ③ Don't mix the porridge and side dish. Get used to each taste.
- ④ You can cook the foods with a broth.
- ⑤ Never give the baby leftover food and also food cooked in advance.
- ⑥ Give milk well, because the baby formula or mother's milk is the main nutrition source.
- ⑦ For hydration, drink hot water or barley tea.



**Rhythm of the day** M...baby formula or mother's milk F... baby food



*It's also okay you set F+M on 10 and 18 o'clock or 8 and 12 o'clock.*

## List of food about 7-8 months

**Bread and noodle**...One half 8 cut white bread without edge.

Noodle( 20 g)...Boil until soft. Cut into 5mm-long pieces.

**egg**...Make hard-boiled egg. Remove only the yolk. Moisten with soup/broth. Serving tsp1.

**Red-meat fish**...High in iron. Boil with vegetables because it tends to dry. Mash coarsely. Moisten to make a paste if necessary.

**Dairy**...Plain yogurt, grated cheese. You can make use of boiled milk for cooking (stew).

**Chicken liver • chicken fillet**...You expose chicken liver to running water and take the smell off, and then boil and mash. You can make chicken fillet minced meat with a kitchen knife. Or you can grate frozen chicken fillet you've boiled and frozen beforehand to make use of cooking.

**Vegetable/Fruit**...Boil softly and cut into cubes of about 5mm.The baby can eat raw tomatoes if you peel, remove seeds and cut into small pieces.

**Seaweed**...Add to porridge chopped dried seaweeds(Nori), chopped boiled softly seaweeds (Wakame)

### ◆Amount for one serving◆

(※When eating two proteins, halve them)

1	regular porridge (5-to-1 porridge)	50~80 g
2	egg yolk~whole egg tofu dairy products fish meat	1 egg yolk~1/3 whole egg 30 g (Tsp2) ~40 g (over Tsp2) 50~70 g 10~15 g (tsp2~3) 10~15 g (tsp2~3)
	※ one of them	
3	vegetable/fruit	20~30 g (tsp5)



## ★Late weaning (about 9-11 months)

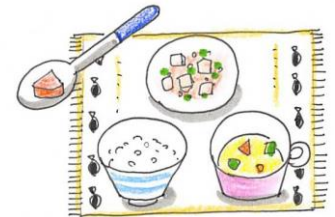


**Standard** The baby can move his/her tongue left and right to eat.

- Goal**
- ① The baby can mash food with his/her gums. (Hardness as same as banana)
  - ② Proceed to three meals a day and keep the mealtime rhythm.

### How to proceed

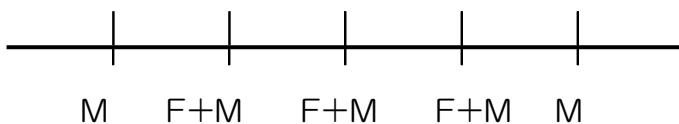
- ① Gradually eat together with the baby, separate a portion from adult meals.
- ② When he/she wants to eat by himself/herself, have the baby hold small pieces.
- ③ It is important to consciously incorporate foods containing iron like liver, red fish or meat
- ④ Hydration is hot water or barley tea.
- ⑤ Snack is no necessary.
- ⑥ If the amount of food increases, reduce milk after eating.



### Rhythm of the day (Sample)

M...baby formula or mother's milk    F... baby food

(time) 6            10            14            18            22



It's also okay you set F on 8, 12 and 18 o'clock and set M on 15 o'clock.

### List of food about 9-11 months

**bread**...Cut into small pieces or cut and toast so the baby can pick it up easily and eat by himself/herself.

**noodle**...Boil until soft. Cut into pieces about 1-2cm long.

**fish**... Choose fresh ones, and boil or cook. Sardines, mackerels, pike can be eaten.

**meat**...Pork and beef lean meat can be used. Minced meat is recommended at first.

**egg**...Mayonnaise can be used as seasoning, after the baby gets to eat whole eggs.

**vegetable**...Avoid those with a lot of fibers. Leave the sections so the baby can pick them up and eat them by himself/herself.



### ◆Amount for one serving◆

1	regular porridge→soft boiled rice noodle • bread	regular porridge 90 g ~ soft boiled rice 80 g 60 g • 1/2 ~ 3/4    8 slices of bread		
2	<table style="border: none;"> <tr> <td style="border: none;">           whole egg tofu natto dairy products fish meat         </td> <td style="border: none; vertical-align: middle;">} ※one of them</td> </tr> </table>	whole egg tofu natto dairy products fish meat	} ※one of them	1/2 whole egg 45 g Tsp 1 • 1/4 80 g 15 g (Tsp 1) 15 g (Tsp 1)
whole egg tofu natto dairy products fish meat	} ※one of them			
3	vegetable/fruit	30~40 g (Tsp 2 ~ over 2)		
4	oil (butter, margarine, vegetable oil)	3 g ( less tsp 1)		

# ★Weaning completion period (about 12-18 months)

**Standard** The baby get to be able to chew solid food with gums.

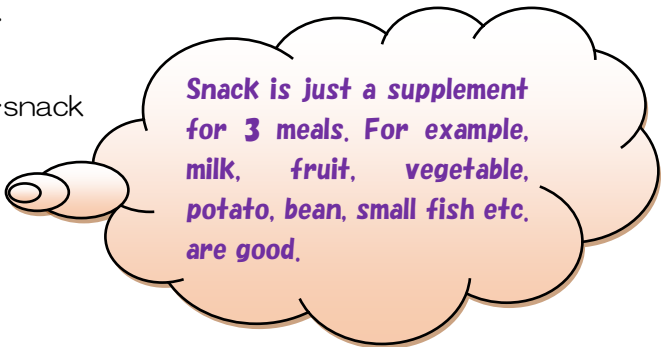
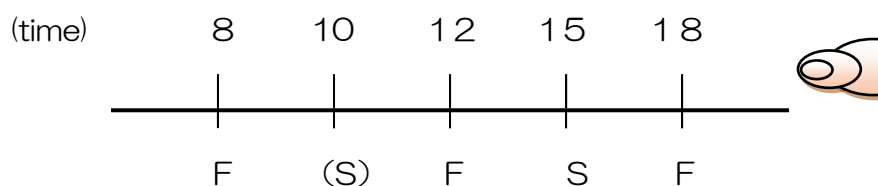
- Goal**
- ① Switch to the baby food gradually according to the baby condition.
  - ② Giving milk is going to the ended little by little.
  - ③ The baby can chew food with gums.



## How to proceed

- ① Keep the pace of daily life and maintain the rhythm of three meals a day.
- ② The basics of mastication are made, make him/her learn to chew firmly.
- ③ Determine the time and amount of the snack. (1~2 times a day)
- ④ Support meal independence (make it easy to hold food in his/her hand and eat) .
- ⑤ Separate a portion from adult meal. The baby can learn the pleasure of eating with family.
- ⑥ Think about the balance of each dietary nutrition.
- ⑦ Use about 1/4 the flavoring or seasoning as that for adults.
- ⑧ Get hungry and eat meals. (Don't give much water before meals)
- ⑨ Give milk about 250mL a day.
- ⑩ When eating while playing, stop eating in 30 minutes and give no food for on 1 ~2 hours.  
When the baby gets hungry, give the next meal.

## Rhythm of the day (Sample)



## List of food about 12-18 months

- **bread**...Slice and spread jam on to make it a roll sandwich. The baby can hold it in his/her hand and eat easily.
- **noodle**...Boil until soft. Cut into pieces about 3-5cm long.
- **dairy products**...May drink cow milk plain. May hold stick cheese in his/her hand.
- **shrimp, crab**...Cut into small pieces and heat well. Carefully for allergies.
- **meat**...Make a hamburger, meat-ball. Finely chop the sliced meat.
- **vegetable**...May eat raw vegetable. If it is too fibrous, you may heat/cook to make it softer.
- **banana**...Not eat too much, because high in sugar. (1 / 2 banana)



## ◆Amount for one serving◆

1	soft boiled rice→regular cooked rice noodle • bread	soft boiled rice 90 g~regular cooked rice 80 g 1 0 0 g ( 1 / 2noodle) • 1 ( 8 slices of bread)
2	whole egg tofu natto dairy products fish meat	1/2~2/3 whole egg 50~55 g Tsp 1 · 1/4~1 · 1/2 1 0 0 g (cow milk 250mL /day) 1 5~2 0 g 1 5~2 0 g
3	vegetable/fruit	40~50 g
4	oil (butter, margarine, vegetable oil)	4 g (tsp 1)



1~2 years



# Point of snacking

Children ages 1~2 are more active. They need lots of energy and nutrients, but can not eat a lot at once. The amount of food depends on their activity level and mood at the time. The snacking means the fourth meal, it is good to eat rice balls, potatoes, eggs, dairy products, vegetables, fruits.



## When is snacking time ?

Adjust the time and amount so that it does not affect their next meal.  
Depending on the daily rhythm, the meal times can be changed earlier and can adjust the amount they eat.  
The time of snacking 1~2 years (guideline)  
Once between the lunch and dinner (3 o'clock)

## Daily energy and snacking requirements

ages	Daily energy	Snacking energy
1~2	900~950kcal	100~150kcal

**Recommended daily amount**

**Snacking 50kcal**  
+  
**Milk 100ml(67kcal)**

## What do you choose ?

☐ **Fruits** are recommended as they contain vitamins, minerals and dietary fiber, but you should avoid eating too much!



☐ **Rice balls** and **sandwiches** are good snacks because they are easy sources of energy.



☐ Be sure to take in plenty of calcium and iron, they are found in abundance in milk, cheese, yogurt and small fish. Please refer to the recommended amount of milk.




☐ Do not forget to stay hydrated!  
Choose unsweetened drinks such as barley tea or water.


## Example of 50kcal

apple	L 1 / 3 piece
banana	M 1 / 2
sweet potato	M 1 / 5 piece
orange	M 1
bread	6 slice 1 / 3 piece
rice ball (S)	1 small (35 g)


## Balance of snacking




rice ball & small fish




barley tea or milk




sweet potato & fruit



barley tea or milk



yogurt & crackers



barley tea

## Attention !

- ☐ avoid foods high in sugar and oil
- ☐ avoid strongly seasoned foods
- ☐ do not drink too much sugary drinks (even vegetable juice and isotonic drinks)
- ☐ be careful when eating foods that may be a risk of aspiration, bread, jelly, etc.

































# Guide for solid food progression

Start weaning



finish weaning

\*The following are simply guidelines, and should be adjusted depending on your child's appetite and growth/development

months		Early weaning (about 5-6 months)	Mid-weaning (about 7-8 months)	Late weaning (about 9-11 months)	Weaning Completion period (about 12-18 months)
Eating guideline		☆Start by offering one spoon once per day while observing the baby ☆Feed as much breast milk of formula as baby wants	☆Offer solid food twice per day and set the mealtime rhythm ☆Offer various flavors and textures to enhance enjoyment in eating	☆ Proceed to three meals a day and keep the mealtime rhythm ☆Eat together with the baby so that he/she can build up fun experiences around food	☆Keep the pace of daily life and maintain the rhythm of three meals a day ☆Offer finger foods so the baby can learn the pleasure of feeding
Meal guidelines Preparation style		Smoothly pureed 	Soft enough to be mashed with the tongue 	Soft enough to be mashed with the gums 	Soft enough to be bitten or chewed with the gums 
Amount for one serving	I Rice (g)	1. Start with pureed Rice porridge (Okayu)	Regular porridge  50~80	Regular porridge 90 ~ Soft boiled rice 80 	Soft boiled rice 90 ~ boiled rice 80 
	II Vegetable & Fruit (g)	2. Try offering pureed Vegetables and Fruits 	 20~30	 30~40	 40~50
	III Fish (g) or Meat (g) or Tofu (g) or Egg (qty) or Dairy (g)	3. When the baby is used to the spoon, try Feeding pureed tofu, White-meat fish, egg yolk etc. 	 10~15  10~15  30~40  egg yolk 1  ~ whole egg  1/3 50~70	 15  15  45  whole egg 1/2  80	 15~20  15~20  50~55  whole egg 1/2~2/3  100
Guide to feeding function		The baby can ingest or swallow food with his/her mouth closed. 	The baby can mash food using his/her tongue and upper jaw. 	The baby can mash food using his/her gums. 	The baby is able to use his/her teeth. 

<Growth guideline> Fill in the height and weight on the growth curve of the mother and child health handbook, check if it is along.

**Caution !!**














- It is desirable to give milk plain after 1 year old.
- Never give honey until the baby become 1 year old because of infants botulism.

From the Nursing and Weaning Support Guide



## Infant food composition (Amount for a day)

food		1~2 year old	3~5 year old	adult (women)	
Helps make blood and muscle	fish 	1/3 (20 g)	1/3 (30 g)	1 (70~80 g)	
	meat/lever 	30 g	30 g	60 g	
	egg 	1/2 egg (30 g)	1 egg (30 g)	1 egg (50 g)	
	soybean product	1/8 tofu (40 g)	1/5 tofu (60 g)	1/4 tofu (80 g)	
	dairy product 	250mL milk	250mL milk	250mL milk	
Keep the body healthy	green & yellow vegetables 	60 g	80 g	120 g	
	light vegetables 	120 g	160 g	230 g	
	fruit 	orange 1 (100 g)	apple 1/2 (120 g)	orange 2 (150 g)	
	seaweed/ mushrooms	a little	a little	20 g	
Provide the body with energy and heat	steamed rice 	Amount for a day	1 child bowl (110 g)	1 child bowl (150 g)	1~2 bowl (200 g)
	white bread 		1 8 sliced bread (45 g)	1.5 8 sliced bread (65 g)	2 8 sliced bread (90 g)
	boiled udon/noodle		1/2 bowl (100 g)	2/3 bowl (150 g)	1 bowl (200 g)
	potatoes  		1/2 potato (50 g)	1/2 potato (60 g)	1 potato (100 g)
	sugar		1 teaspoon (3 g)	2 teaspoon (5 g)	1 Tablespoon (10 g)
	oil		1 teaspoon (5 g)	1 Teaspoon (10 g)	1 • 1/2 Tablespoon
Estimated energy requirement		900~ 950kcal	1250~ 1300kcal	2000~ 2050kcal	

- ★ Eat every meal, grain, protein, and vegetables.
- ★ Think of snacks as part of the diet, fruits/dairy products/potatoes are good.
- ★ Adjust the amount of food according to your child's appetite, growth, and development.

