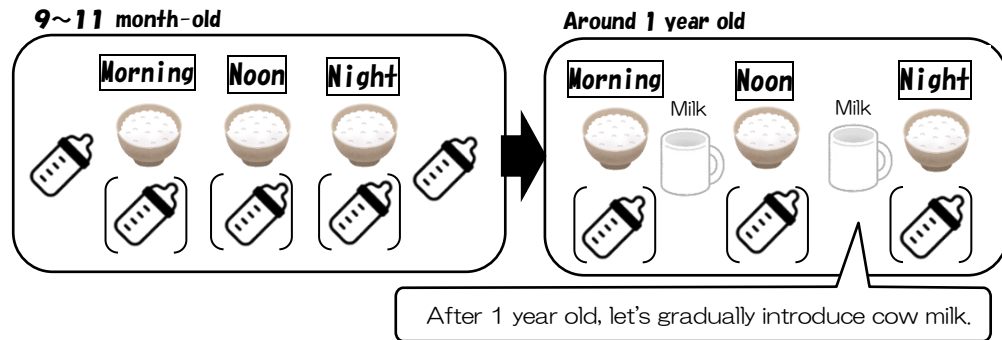


## Baby food recommendation for 9~11 month-old

\* **Example: Baby food 3 times a day. The rhythm gets similar to that of an adult.**



\* **Size・Hardness** : Roughly chopped (around 5mm~1cm) or thinly sliced, and soft enough to be crushed by the baby's teeth.

\* **How to eat** : Letting the baby eat by herself raise her motivation to eat and is an important practice stage for using spoons and chopsticks. Some babies start playing while eating, so round up the meal time up to 30 minutes. Sit the baby in a chair in which her feet are firmly attached to the floor, as it will make chewing easier.

\* **Seasoning** : Let's make it light (about 1/3 to 1/4 of the adult seasoning). Use seasonal ingredients and dashi (soup stock made from bonito fish, kelp or dried sardines) to eat delicious food with light taste. Avoid using spices.

\* **Hygiene** : Properly cook protein foods such as meat, fish, eggs and soy products. When cooking, be careful about washing your hands, washing kitchen utensils and preserving food (do not over confide the refrigerator).

\* **Snacks** : Are not necessary while giving baby food. If you are running low on breast milk or formula, and 3 meals are not enough to provide energy and nutrients to the baby, you can give her fruits, potatoes and dairy products as a supplement. Not recommended: juices and sweets (as they contain a lot of sugar), honey (avoid it until the baby turns 1 year old to prevent infant botulism).

## Baby food Q&A

**Q.** My baby eats a lot, and I am worried if she is not eating too much...

**A.** As the baby learn how to walk with support or walk by herself, the amount of energy spent will also increase. Let's check the weight growth at the Maternal and Child Health Handbook. Also, try to give her more vegetables and make sure their size, hardness and cutting method are easy to chew.

**Q.** I am worried because my baby does not eat much...

**A.** The amount of food varies from baby to baby. Think about the food balance in the first place and be flexible while giving it. Do not force the baby to eat and round up the meal time up to 30 minutes. Some babies do not eat food because of the large amount of breast milk or formula, so organize your daily routine for the baby to be hungry before eating.

**Q.** My baby does not eat pure rice. Can I mix it with side dishes?

**A.** Giving mixed rice to the baby is the same as of an adult eating porridge or fried rice every day. Avoid mixing it from the beginning just because the baby does not eat, and expand the baby eating experience little by little.

**Q.** Can I give industrialized baby food in every meal?

**A.** With industrialized baby food, nutrition tends to be biased and the taste tends to be uniform. Give as many ingredients as you can for the baby to get in touch with different flavors and food. Balance industrialized baby food with handmade ones.

**Q.** Do I have to give follow-up milk?

**A.** Follow-up milk is rich in iron and vitamin D compared to cow milk. But it is not a substitute for breast milk or formula and you do not have to give it if the weaning is going well.

【Kosodate Sedai Hokatsu Shien Senta】 Consultation from pregnancy to child-rearing period

TEL 26-0192 Mon~Fri, from 8:30am to 5:15pm (except holidays)

【Individual consultation】 ※Please check the schedule on the website.

We provide consultation on your children growth, development, vaccination, baby food, nutrition,



# Sep - Nov Menu

## 9~11か月ごろのメニュー

★ Rice Porridge 90 - 100g (Ratio of Water to Rice: 5 to 1)

### Main Dish, Pumpkin Ball

《Ingredients》

Pumpkin	15g	Ground Chicken	10g
Starch	1 tea spoon	Onion	10g
Mustard Spinach	5g	Broth	As needed
Starch	A little		

《How to Make》

- ① Wipe some water on a pumpkin, and microwave it. Then remove the skin from the pumpkin, and coarsely mash it.
- ② Add starch and ground chicken into ①, and mix them well. Make balls from the mix.
- ③ Mince an onion and mustard spinach.
- ④ Heat broth, add ③ and cook it well.
- ⑤ Thicken the broth soup with a starch slurry.

### Side Dish, Simmered Japanese Radish And Carrot

《Ingredients》

Japanese Dish	20g	Sugar	1/6 tea spoon
Carrot	10g	Soy Sauce	1/10 tea spoon
Broth	As needed	Ground sesame seeds	A little
Seed oil	A little		

《How to Make》

- ① Shred a Japanese radish and carrot, and boil them.
- ② Cook ① with sesame oil, add broth, sugar, and soy sauce, and simmer it.
- ③ Sprinkle ground sesame seeds on the top.



### Side Dish: Banana Sauté

《Ingredients》

Banana	30g
Butter	2g

《How to Make》

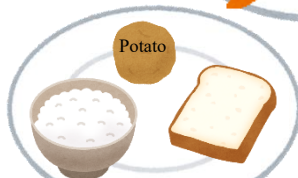
- ① Cut a banana 5 millimeters thick.
- ② Heat a frying pan and add a butter. Fry slices of banana until both sides of the banana slices are golden brown.



Combine A Staple Food, Side Dish, And Main Dish

Side Dish

\*Iron deficiency increases after September. Red meat, spinach, Higiki, etc are recommended.



Staple Food



Main Dish

### Let's Dish Out The Food!

【Dishing out points】

- \* Let's make it easier to eat.
- Cut large food into small pieces and boil hard ones.
- Make eat and fish easier to eat by increasing the juice and adding thickening (potato starch etc.)
- \* Let's make it lighter.
- Take the food out during cooking or dilute the finished product with hot water or soup stock to make it lighter.

【Example】

Grilled Fish with Grated Radish



⇒After grilling unseasoned raw fish, shred it finely, add grated radish and a little bit of soy sauce, and simmer.

Spinach with Sesame Seeds



⇒Boil and finely chop the spinach, and add a little bit of...

Miso Soup



⇒ Cut the ingredients into easy to eat size, dilute and simmer.