

Baby foods: How to Get Your Baby Started



You can find information on baby foods, weaning, etc. on the website of Hikone City.

When to Introduce Solid Foods to Babies

It is recommended that children be introduced to foods when they are about 6 months old.

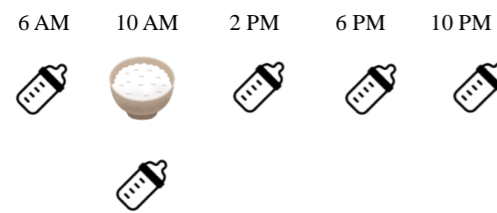
Your child:

- Can hold the head up and roll over.
- Does not push the spoon out of the mouth with the tongue.
- Can sit up unassisted
- Shows curiosity in food.

*The above signs indicate that children are ready to be introduced to solid foods; however, you could start solid foods to your child even if one or two of the above signs are not applicable to him/her.

Daily Feeding Schedule

At around 6 months old *It is just an example schedule.



★Important Pieces of Advice★

- An ideal feeding schedule before starting solid foods is every 4 hours or so.
- Start with one solid food a day in the morning.
- Give solid food first before breast milk or formula.
- Start with one tablespoon of one type of baby food.

Schedule for Starting Solid Foods (1st One Month)

匙 = 離乳食用スプーン1杯分

	おかゆ 	野菜 	白身魚または豆腐 ⇒卵黄
1日目	1さじ		
2日目	1さじ		
3日目	2さじ		
4日目	2さじ		
5日目	3さじ		
7日目	3さじ		
8日目	↓ 5~6さじまで 少しずつ増やす	1さじ	
9日目		1さじ	
10日目		2さじ	
11日目		2さじ	
12日目		3さじ	
13日目		3さじ	
14日目		3さじ	
15日目		3さじ	
16日目		3さじ	
17日目		3さじ	
18日目		3さじ	
22日目			1さじ
23日目		5~6さじまで 少しずつ増やす	1さじ
24日目			2さじ
25日目			2さじ
26日目			3~4さじまで 少しずつ増やす
27日目			3~4さじまで 少しずつ増やす
28日目			3~4さじまで 少しずつ増やす
29日目			3~4さじまで 少しずつ増やす
30日目	主食(おかゆ)・主菜(たんぱく質食品)・副菜(野菜)をそろえる		
7~8か月ごろ (離乳中期)	7倍がゆ 50~80g	20~30g	10~15g

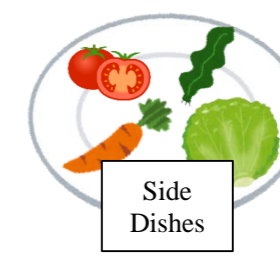
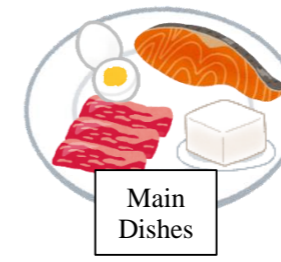
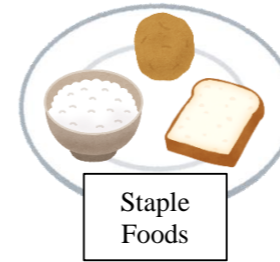
Key Points

- **Rice Porridge**
Slowly adjust water and thickness of rice porridge.
- **Vegetables**
Try to use a variety of vegetables.
- **Protein Foods**
Be sure to cook them well.
Make a puree of fish meat and boiled eggs by adding water.

Important Points

• Balanced Diets:

Once the baby gets used to baby food, start preparing a staple food, main dish, and side dish each time.



*Please read the back for what foods children of different ages can eat.

• No seasoning is needed on baby foods at first. Even if you want to start seasoning baby foods for your baby aged 7 to 8 months, be sure to do so very mildly.

• Please be careful with the following ingredients.



Honey

Honey contains bacteria, leading to infant botulism which is a very serious illness.



Cow's Milk

Avoid letting your child have cow's milk as it contains certain proteins and a higher concentration of minerals that can be difficult for those under 12 months old to digest. You can use milk as an ingredient to cook baby foods.

Questions and Answers

Q. Is it okay to start introducing solid foods to my baby a little earlier or later than recommended?

A. If your baby has not turned 5 months old yet, there are chances that your child will have allergic reactions. If you delay starting solid foods, your baby may not be able to learn chewing and swallowing properly. Once your baby reaches 6 months with no issues with development, start baby foods gradually.

Q. Should I give my baby tea?

A. No need to give your baby tea if the baby does not drink it. It is best to start slowly and start giving tea or cooled boiled water to your baby after giving the baby a bath and the baby sweats. (Avoid giving ionized water to your baby on a daily basis as it contains salt and iron.)

Please refer to the following information, if you wish to have an in-person consultation with a public nurse.

- Child Development Consultation (twice a month)
A public nurse and certified nutritionist can answer your questions and concerns.
- Nutrition Consultation (twice a month)
A certified nutritionist can answer your question and concerns.
- Kosodate Sedai Houkatsu Center
The center offers a telephone consultation regarding pregnancy and childrearing.
Tel: 0749-26-0192 (Weekdays, 8:30 - 17:15)



Child Development Consultation



Child Nutrition Consultation

離乳食の進め方の目安

		Early	Middle	Late	After Ending Baby Foods
Developmental Stage		5 - 6 months old	7 - 8 months old	9 - 11 months old	12 - 18 months old
Daily Feeding Schedule *Feeding time is just suggested and can be adjusted. : Rice : Breast Milk or Formula		6 AM 200ml 10 AM 200ml 2 PM 200ml 6 PM 200ml 10 PM 200ml	6 AM 200ml 10 AM Approx. 100ml 2 PM 200ml 6 PM Approx. 100ml 10 PM 200ml	Morning 200ml Noon Approx. 50 ml Evening 200ml Approx. 50 ml Approx. 50 ml	Morning Noon Evening : Snacks (fruits, dairy products, potatoes, etc. are recommended.)
Feeding Tips		<ul style="list-style-type: none"> Start with giving one teaspoon of solids per day. Let the baby as much breast milk or formula as he/she wants. 	<ul style="list-style-type: none"> Establish a daily food routine by giving the baby two daily meals. Slowly introduce new foods to the baby so that he/she can try plenty of new tastes and get a range of nutrients. 	<ul style="list-style-type: none"> Give the baby three daily meals. Try to have meals together with the baby as a family. 	<ul style="list-style-type: none"> Three meals a day to establish a healthy eating routine. Help the baby to learn the joy of eating.
Oral Motor Skills At Different Stages		Learning how to gum and swallow solids.	Learning how to chew by using the tongue.	Learning how to bite solids by moving the tongue and using the teeth.	The child at this age can use the tongue freely to eat foods. Around this age, children start to have molars. Strength of chewing is not fully developed yet.
Portion Size Per Meal		Start with rice puree. ↓ Give some pureed vegetables. ↓ Once your baby gets used to baby foods, it is advisable to add tofu, white fish meat, and egg yolks.	(Main Dish) Fish or Meat: 10 - 15g, Tofu: 30 - 40g Whole egg yolk or one thirds of an egg, dairy product: 50 - 70g (Staple Food:)Rice porridge: 50 - 80g (Side Dish) Vegetable: 20 - 30g	(Main Dish) Fish or Meat: 15g, Tofu: 45g Half an egg, dairy product: 80g (Staple Food) Rice Porridge 90g, Soft rice: 80g (Side Dish) Vegetable: 30 - 40g	(Main Dish) Fish or Meat: 15 - 20g, Tofu: 50 - 55g Half or two thirds of an egg, dairy products: 100g (Staple Food) Soft rice: 90g, Rice 80g (Side Dish) Vegetable: 40 - 50g
Food Consistency and Sizes	Consistency	Start with wean, smooth purees → Gradually increase thickness with less water.	A puree with coarser textures.	Foods should be soft enough that the baby can chew with their gums.	Foods should be soft enough that the baby can chew with their gums
	Sizes		Coarsely chopped up foods: 5 - 6 mm	1 cm	Small size
Grains (Rice, Bread, etc.)		Rice 1 : Water 10 → Rice 1: Water 7	Rice 1 : Water 5	Rice 1 : Water 5 → Soft Rice	Soft Rice → Regular Rice
Vegetables		Use vegetables that do not have distinct tastes. (Carrot, Daikon Radish, Spinach, Chinese Cabbage)	Coarsely mashed → Soft minced	Easily chewable with the gums. (Do not chop up foods too much.)	
Protein Products	One Ingredient Per Meal	Soybean Soybean	Chop natto, grate Koya-dofu	Boil soybeans and mash them.	
		Fish White meat fish (sea bream • flounder)	White fish meat → red fish meat (Tuna, skipjack tuna, unsalted tuna packed in water)	Red fish meat → Blue fish (Jack mackerel, sardine, pacific saury, mackerel, etc.)	
		Egg Hard boiled egg	Hard boiled egg yolk → One third of a boiled egg	Half a boiled egg	Half or two thirds of a boiled egg
		meat	White chicken meat: About a quarter of one wing	Pork, beef	
		Dairy Product		Plain Yogurt (no sugar), Cheese (just a little)	Cow's milk (200 - 400ml per day)
seasoning		Unseasoned or use seaweed broth	Miso Paste • Soy Sauce • Salt • Sugar • Butter *A teeny-tiny bit	A little mayonnaise (must be introduced only after the baby starts eating a boiled egg with no health issues)	
Notes		★It is advisable to gradually introduce the baby to a new food with a teaspoon each time and adjust a portion size accordingly. ★Honey contains bacteria, leading to infant botulism which is a very serious illness. Do not give honey to your baby until he/she turns one year old.			

*進め方はあくまでも目安です。食べ物に慣れて食べる練習をする時期なので、様子を見ながら徐々に進めていきましょう。

彦根市健康推進課