

● **What is 'Baby food' ?**

It is food to wean the baby gradually from breast milk or infant formula to solids

● **When is the best time to start?**

- The baby can hold his/her head upright
- Can sit with the support of an adult
- Has an interest in food
- The baby is less likely to push away a spoon with his/her tongue when a spoon is put in his/her mouth

● **Points for starting weaning**

- When introducing baby food, start with single-new-ingredient with 1 spoonful at a time. Increase the amount gradually, observing the baby for any reaction.

<How to Progress>

※1 spoon  = 1 baby spoon

Week	Week 1				Week 2				Week 3	Week 4	
Day	1~2	3~4	5~6	7~8	8~9	10~11	12~13	14~15	15~21	21~	
Soft Rice Porridge 	1spoon 	2spoon 	3spoon 	4spoon 	Increase up to 5-10 spoon → → → → →						
Vegetables Potatos 					1spoon 	2spoon 	3spoon 	Increase the amount / add variety → → →			
Tofu White meat fish 										Start with 1spoon 	
For egg yolk* (hard-boiled) 											

* Eggs can cause allergies, start with only a small amount (less than a baby spoon) of hard-boiled egg and watch for reactions.

- Check that the baby's weight and height are aligned with the curve in the Maternity Health Record Book

- Maintain a daily routine as much as possible

<Sample Routine>

Age (months)	First milk of the day (am)	Second milk of the day (am)	Third milk of the day (pm)	Fourth milk of the day (pm)	Fifth milk of the day (pm)
Initial stage (5 - 6 months)			 + 		
Middle stage (7 - 8 months)		 + 	 + 		
Latter stage (9 - 11 months)		 + 	 + 	 + 	

* Let the baby drink as much breast milk or formula as he/she wants after eating.

● **How to cook**

· **Soft Rice Porridge**

Cook at the volume ratio of rice 1 : water 10. Make the rice creamy and smooth using a strainer or mortar. Gradually make it less smooth, then leave lumpy and add less water when cooking.



· **Vegetables and protein (fish, meat and tofu etc.)**

Start with very smooth texture, the same as soft rice porridge, gradually changing to less smooth as the baby gets used to it.

· **Seasoning**

No seasoning in the initial stage. Add mild seasoning to keep the original flavor of the ingredients in the middle stage and after. Only use small amounts of oil.

● **Foods to avoid**

· **Honey**

Honey may cause botulism so avoid giving it to babies under 12 months old.

· **Milk**

Give milk as a drink to prevent iron-deficient anemia after 12 months old. Milk can be used as an ingredient in solids after the initial stage.

Taito City Official YouTube channel has a video which is about how to progress with weaning your baby. Please watch it for extra tips.



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