



Baby Food BOOK



Kusatsu City
Baby Food Restaurant



What is weaning ?

Weaning is not stopping breast milk or infant formula, but gradually increasing the amount of non-milk and transitioning from milk to infant food.

Why is weaning necessary?



(1) For nutritional supplementation

As babies grow older, more types and amounts of nutrition are needed, breast milk and infant formula are not enough. It is necessary to prevent anemia and reduced resistance.

(2) For digestive development/masticatory development

Approximately 5 months after birth, babies develop their ability to chew, digest and absorb, and their digestive ability becomes even stronger by eating foods other than breast milk and infant formula.

In particular, chewing promotes the development of teeth and jaws, and gradually learns from about 5-6 months after birth.

(3) For mental development

A variety of foods with different shapes, colors, smells, tastes and mouthfeels, as well as new ways of eating with spoons, cups and chopsticks, are fun and valuable learning opportunities for babies.

In addition, parent-child communication through these new experiences will enrich the baby's mind.



The most important point in Baby Food

There are individual differences in how to progress baby food. It is important to face your child, have a fun atmosphere, do not rush, and slowly adjust to the child's pace.


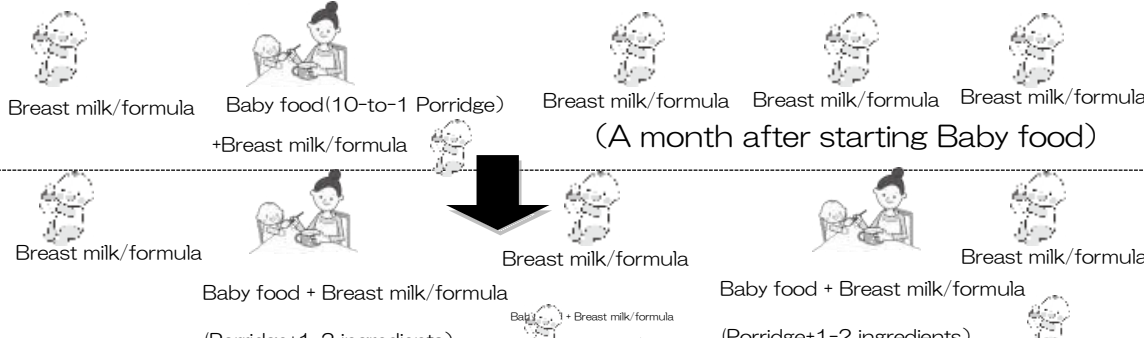
The Baby Food Restaurant is expected to be a place to relax the mood of mothers by chatting with other participants and discussing their concerns. Don't worry alone, please interact with other mothers, babies, and local people (health promoters). I hope it will be a good opportunity to enjoy parenting.

Guidelines on when to start

- ☆Baby can hold his/her head up steadily
- ☆Baby can sit if supported
- ☆Baby shows interest in food
- ☆Baby gradually stops trying to push a spoon out of his/her mouth with the tongue.

Initial stage (Gokkun stage)

5 ~ 6 months

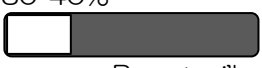





















<p>How to eat</p>	<ul style="list-style-type: none"> • Swallow food smoothly pureed. • Push out food with his/her tongue at first, but gradually the mouth is closed and it becomes possible to swallow.
<p>How to cook</p>	<p>[Smoothly pureed] When you scoop it up with a spoon and tilt it, it falls constantly. (Like a potage)</p>
<p>Breast feeding</p>	<p>Feed baby food first and feed as much breast milk or formula as he/she wants according to the rhythm of breastfeeding.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>Nutrition percentage</p> <p>Baby food 10-20%</p>  <p>Breast milk 90-80%</p> </div>
<p>How to feed (Ex.)</p>	<div style="text-align: center;"> <p>6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9</p>  <p>(A month after starting Baby food)</p> <p>Breast milk/formula Baby food (10-to-1 Porridge) + Breast milk/formula Breast milk/formula Breast milk/formula Breast milk/formula</p> <p>Breast milk/formula Baby food + Breast milk/formula Breast milk/formula Baby food + Breast milk/formula Breast milk/formula</p> <p>(Porridge+1-2 ingredients) (Porridge+1-2 ingredients) (Porridge+1-2 ingredients)</p> </div>
<p>How to progress</p> <p>Points</p>	<ul style="list-style-type: none"> • The goal is to swallow baby food and get used to its texture and taste. • Start by offering one spoon once per day while observing the baby. Begin offering two meals a day about one month after starting baby food. • Continue the same ingredients for 2 to 3 days and gradually increase the amount while observing the condition of the stool. • Start with porridge, proceed with potatoes and vegetables, and practice tofu, white fish, and hard-boiled egg yolk. • Season with the taste of ingredients or the taste of “dashi.” • For daily hydration, give hot water or tea. No fruit juice is needed.
<p>To the Next stage</p>	<ul style="list-style-type: none"> • About 7 months old, the baby can get use to the spoon and close his/her mouth to swallow. • Eat twice a day and eat about 10 spoons of baby food at one meal. ※There are individual differences in the amount of food. It’s okay if baby can swallow it with the mouth closed.

※Regardless of the above, please adjust according to appetite and growth/development of your baby.

※Regardless the content below, please adjust according to appetite and growth/development of your baby.

Middle Stage (Mogu-mogu Stage)


















7 ~ 8 months

<p>How to eat</p>	<ul style="list-style-type: none"> • Eat while crushing with the tongue and chin. • Chin moves up and down. 																																																													
<p>How to cook</p>	<p>[Hardness that can be crushed with the tongue] Crush easily when you press the ingredients with your thumb and index finger. (Like Tofu/Chawan-mushi)</p>																																																													
<p>Breast feeding</p>	<p>Feed breast milk or formula after eating baby food. Feed as much breast milk or formula as the baby wants. (Adjust little by little while observing the baby.) Feed formula three times a day besides after meals.</p>					<p>Nutrition percentage</p> <div style="border: 1px solid black; padding: 5px;"> <p>Baby food 30-40%</p>  <p>Breast milk 70-60%</p> </div>																																																								
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<p>The amount for 1 serving</p>	<p>Yellow Source of energy</p>		<p>Red Source of making the body</p> <p>Feed 1~2 ingredients. (If you feed 2 ingredients, cut in half the amount below.)</p>				<p>Green Source of getting in shape</p>																																																							
	<p>Cereals Potatoes</p>		<p>Egg</p>	<p>Tofu Soy Products</p>	<p>Dairy Products</p>	<p>Fish</p>	<p>Meat</p>	<p>Vegetables (Lots) Fruits Seaweed (as appropriate)</p>																																																						
	<p>Porridge 50~80 g</p>		<p>1 Egg yolk 1/3 of whole egg</p>	<p>30~ 40 g</p>	<p>50~ 70 g</p>	<p>10~ 15 g</p>	<p>10~ 15 g</p>	<p>20~30 g</p>																																																						
<p>How to progress Points</p>	<ul style="list-style-type: none"> • Give baby food twice a day. Make a meal rhythm. • Consider the nutritional balance and increase the number of red (high in protein) food. ☆Meat and fish are easy to dry, so thickening them makes it easier to eat. • Feed hard-boiled egg yolk first, increase the amount of eggs little by little, and then give them in stages with whole eggs. • Increase the types of ingredients to enjoy various tastes and textures. • When your baby does not want to eat, season it lightly. 																																																													
<p>To the Next Stage</p>	<ul style="list-style-type: none"> • Babies can eat about half of a child's bowl with one meal. • Babies can eat food as hard as tofu by moving his/her mouth at the age of 9 months. 																																																													

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Latter Stage (Kami-kami Stage)

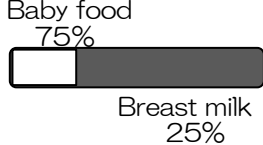
















9 ~ 11 months

How to eat	<ul style="list-style-type: none"> • Chew soft food with his/her gums. • The mouth moves well up and down. 																																																																
How to cook	<p>[Hardness that can be crushed with gums]</p> <p>Regardless of the number of teeth, pinching with your thumb and index finger will crush the material with a little force. (Like a banana).</p>																																																																
Breast feeding	<p>Feed breast milk or formula after eating baby food. Adjust the amount of breast milk and formula while observing the child. ※If the amount is too large, baby food will not progress easily. Feed breast milk or formula is about twice a day besides after meals.</p> <div data-bbox="1062 562 1410 779" style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Nutrition percentage</p> <p>Baby food 60-70%</p>  <p>Breast milk 40-30%</p> </div>																																																																
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How to progress Points	<ul style="list-style-type: none"> • Baby food is three times a day. No baby sweets or juices required. Keep the right dietary rhythm. • You can use a small amount of seasoning. (In addition to soy sauce, sugar and vinegar, you can use a small amount of butter and oil.) • It is a time when iron required for growth tends to be insufficient. Red fish and meat, liver, spinach, egg yolk, natto are high in iron. 																																																																
To the Next Stage	<ul style="list-style-type: none"> • Babies can eat baby food three times a day in the morning, noon and evening. • Babies can crush foods that are hard like bananas with his/her gums. 																																																																

※Regardless the content below, please adjust according to appetite and growth/development of the baby.

Completion Stage (Paku-paku Stage)

12 ~ 18 months

<p>How to eat</p>	<ul style="list-style-type: none"> • Chew and crush food. • Learn the amount of one bite while filling with mouth or spilling. • Become good at eating by hand and use a spoon or folk and learn the movement of eating. 																																																																																													
<p>How to cook</p>	<p>[Hardness to chew with gums] Easy to chew, soft like a Hamburg steak (meat dumpling), soft enough to cut lightly with a spoon.</p>																																																																																													
<p>Breastfeeding</p>	<p>Feed breast milk or formula according to the progress of weaning. Milk and infant formula should be about 300~400 cc per day.</p>					<p>Nutrition percentage</p> 																																																																																								
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<p>How to progress Points</p>	<ul style="list-style-type: none"> • Baby food 3 times a day and snacks 1-2 times a day. (Only three meals are not enough for nutrition.) • Think of snacks as the fourth meal and avoid sweets, juices. We recommend small rice balls, steamed potatoes, fruits, and milk. • It is time for baby to be motivated to eat on his/her own, so encourage your baby to eat by his/her hand. • Feed milk after 1 year old. • Let your baby drink milk with a glass for himself/herself. • The standard for seasoning should be about 1/3 of adults. <p>⇒Preparing baby food from meals for adults will increase the enjoyment of your baby's diet.</p>																																																																																													

Precautions for Baby Food

- ☞ The food your baby eats for the first time should be given when the medical institution is open, in case the baby feels sick.
- ☞ Give iron-rich drinks only during diarrhea and vomiting. When your baby is healthy, the kidneys will be strained, so do not give it.
- ☞ Children are less resistant to bacteria, so be careful about hygiene when cooking.
- ☞ Honey should not be given until the age of 1 to prevent food poisoning caused by *Clostridium botulinum*.

Acquire the rhythm of life
and feel the joy of eating ♪



Q&A about Baby Food

Q. Not eat Baby Food

A. When your baby are not hungry or he/she is sleepy, he/she does not feel like eating. Try to give baby food after a while or before breastfeeding. Also, if the mouth development has not reached the stage of baby food, it may be difficult to eat or swallow.

Go back to the previous stage and try to devise the size and hardness.

*The amount for one serving is just a guideline.

If your baby's growth is within the norm, you do not have to be too nervous. (Please see Graph of Physical Growth Curve in the Mother-Child Health Handbook.)

Q. Baby suddenly stopped eating Baby Food.

A. It may be a time of slack. Try advancing the stage of baby food, using seasonings, and so on. Especially after the Middle Stage, seasoning with a small amount of seasoning makes it much more delicious and may be eaten.

Q. How can I freeze Baby Food?

A. It is convenient to make several portions of porridge, vegetables and other ingredients often used in making baby food at one time, then freezing them. Maximum storage period should be no more than 7-10 days. When reheating, add a little water to heat low-moisture or small-quantity foods. If there is not enough water, it will become dry.

Q. Is it better for babies to eat by hand?

A. Think of eating by hand as a step to eating with a fork or chopsticks in the future.

When your baby tries to touch food, give him/her the experience of “eating himself/herself” as much as possible.

It is necessary to devise ways such as creating an environment where it does not matter if it gets dirty, and making rice balls and vegetables sticks.



Q. I am worried about allergies.

A. Allergies have nothing to do with when your baby started eating baby food. Try to give food at the right time, not too late or too early. However, if your baby has been diagnosed with allergies before, proceed in consultation with a doctor.

When giving baby food, start with single-new-ingredient with 1 spoonful at a time. Try to give it when the medical institution is open. Especially eggs and dairy products, which are proteins, should be heated well. Most allergic symptoms appear 15 to 30 minutes (within 2 hours) after eating. At medical institutions, allergy tests can also identify the causative agent.

Q. I am worried about my nutritional balance.

A. It is difficult to think about the nutritional balance of each meal, so consider the balance of the day or week. Please refer to the three-color origami paper of yellow, red, and green ♪

