

# Invitation to baby food

You can find "How to proceed with baby food" on the City Website too.



## Why is baby food necessary?

- 1 Although they are different from one to another, babies usually grow rapidly and double in weight 3 months after they are born. They can get sufficient nutrition from breast milk or formula milk until 4 to 5 months old, but it will not be enough as they grow older.
  - 2 Baby food period is the "time to practice chewing" when babies acquire the necessary ability to chew to grow. Furthermore, in order to grow, it is also necessary to develop the abilities to chew to encourage the growth of the jaw, to swallow, and to digest food in their stomach and bowels.
  - 3 Through eating by chewing, babies will develop emotions and sense of self, such as desires, delight, anger, sorrow and pleasure and also the independent mind to try eating by themselves.
  - 4 It is important that babies get used to various food other than breast milk or formula milk. Many eating experiences not only promotes physical development of babies but also enriches the mind. The food babies have during this period will greatly affect the likes and dislikes in taste and become the basis of future eating habits.
- 👉 The likes and dislikes of adults will reflect on babies. Baby food will be a good opportunity to reconsider the content of the meals at home. 👈

## When is a good time to start baby food ?

When your baby is 5 to 6 months old and...

- ☆has control of the neck
- ☆can sit up with the help of an adult
- ☆is interested in food
- ☆starts drooling a lot
- ☆rarely pushes out the spoon with the tongue when it is put in the mouth

...When you start to see these signs, it is a good time to start baby food.

**It may not go smoothly in the beginning, but babies will do better little by little. Try not to rush but keep the atmosphere fun.**





## Tips on how to proceed with baby food



- ☆ Try to keep the environment clean. (Wash utensils and hands)
- ☆ Use fresh food.
- ☆ Use broth to bring out the original flavor of food.
- ☆ Try to proceed with baby food while observing the baby's reaction. Do not force the baby to eat.
- ☆ After feeding baby food, give the baby breast milk or formula milk as much as the baby wants.

### 5 – 6 months: early period

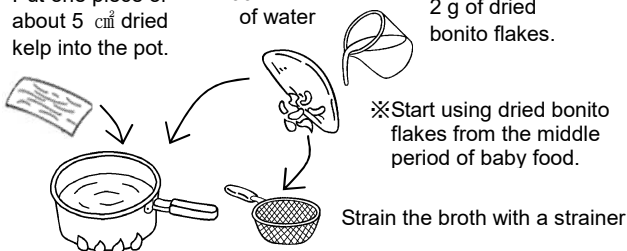
### Start baby food

- ☆ Try to expand the time between feeding milk. Also, it is better to decide the time for baby food.
- ☆ Start baby food when the health and the mood of the baby is good.
- ☆ Try to set the time for baby food during the morning hours, at the-same time every day.
- ☆ Feed the baby before giving breast milk or formula milk.
- ☆ Start with a teaspoon of rice porridge, made with a 1:10 ratio, 1 part rice and 10 parts water, which is like thick soup. When the baby is used to rice porridge, expand the food variety such as vegetables and increase the amount as well.

For hydration, give cooled boiled water or diluted barley tea. There's no need to give fruit juice before starting baby food.

### How to make broth (dashi)

Put one piece of about 5 cm dried kelp into the pot. 200ml of water 2 g of dried bonito flakes.

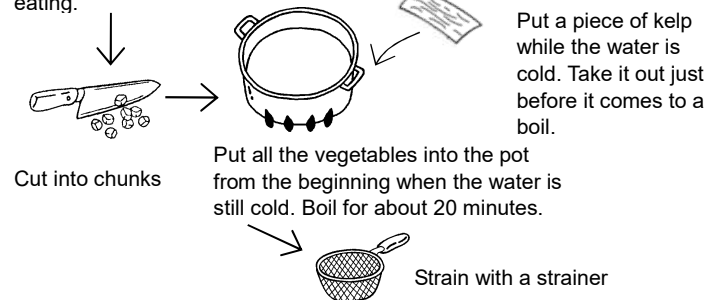


※Start using dried bonito flakes from the middle period of baby food.

- ① Soak kelp in water, and start boiling water 10 minutes after.
- ② Take out the kelp just before the water comes to a boil.
- ③ Put bonito flakes and boil for 1 minute.
- ④ Turn the stove off and when the bonito flakes start to sink, strain the broth.

### How to make vegetable soup

Use vegetables such as cabbage, onions, carrots, Chinese cabbage, and potatoes which the baby is used to eating.



Put a piece of kelp while the water is cold. Take it out just before it comes to a boil.

Put all the vegetables into the pot from the beginning when the water is still cold. Boil for about 20 minutes.

Strain with a strainer

### Rice porridge with the ratio of 1 part rice and 10 parts water

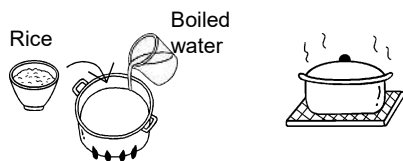
《How to make rice porridge out of a cup》

#### 【Ingredients】

4 grams rice (1 teaspoon)  
50 ml water (10 teaspoons)

- ① Put washed rice and water into a cup. Soak for more than 30 min.
- ② Set the cup in a rice cooker and steam with rice
- ③ Set for another 4-5 min for the rice to steam
- ④ Mash the porridge until the baby gets used to eating.

### 《How to make rice porridge from steamed rice》



① Put rice and boiled water into a pot. Start cooking. Start with high heat and when it comes to a boil, change to low heat and cook for about 10 minutes.

② Turn the stove off and let it steam for another 7 – 8 minutes.

(Example) When you want to make rice porridge with the ratio of 1part rice and 10 parts water, you will need 1 part steamed rice to 4 parts boiled water.

※Since it is difficult to make a small portion, cook a larger amount.

### Mashed Boiled Vegetables

#### 【Ingredients】

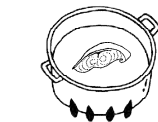
Vegetables such as potatoes, carrots and onions

- ① Peel and slice the vegetables.
- ② Pour water over the vegetables until all the vegetables are covered. Then boil until soft.
- ③ Put the vegetables in a strainer and drain water. Mash or strain the vegetables.
- ④ Adjust the thickness with the cooking water.

## Soup with grounded fish

### [Ingredients]

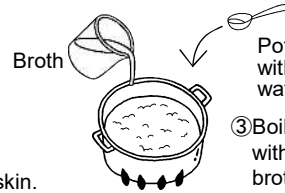
- 10 g(a slice of sashimi) white-meat fish
- 40 ml broth
- 1/5 teaspoon potato starch



① Boil the white-meat fish



② Take off bones and skin. Grind the fish-meat only.



Potato starch diluted with same amount of water

③ Boil the ② ground fish-meat, with broth. Then thicken the broth with potato starch diluted with water.

## 7 – 8 months: middle period

### Start feeding various kinds of food.

- ☆ About 1 month after starting baby food and when the baby is used to eating baby food, advance to feeding baby food twice a day. At first, the second baby food should be about 1/3 the amount of the first one.
- ☆ Try to feed the baby various kinds of food so that the baby will not have picky eating habits.
- ☆ The preferable firmness of the food should be of a tofu, which a baby can crush with his/her tongue.
- ☆ The food should be lightly seasoned. Try different seasoning or method of cooking little by little.
- ☆ After baby food, give the baby breast milk or formula milk as much as the baby wants.

## Mashed liver

### [Ingredients]

- 5 g chicken liver (1/3 of a liver)
- 10g potato (1/10 medium sized potato)
- 1 tablespoon water (1/4 teaspoon butter)



① Slice liver and soak in water. (Drain blood)



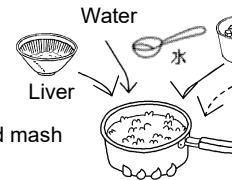
③ Take out the vegetable scraps and mash the liver. (You can strain it as well)



② Boil with scraps of vegetables. (Putting scraps of onions, carrots and celery will get rid of the smell of the liver)



④ Boil the potato and mash while it is hot.



⑤ Put ③, ④ and water in the pot and simmer for some time. Putting butter at the end will add flavor.

## 9 – 11 months: latter period

### Baby food should be the main part of meals.

- ☆ When the baby is used to eating baby food twice a day, advance to three times a day. At first, the third baby food should be about 1/2 the amount of other baby food.
- ☆ Feed the baby food regularly at the same time every day to nurture good eating habits.
- ☆ Think about the different combination of food every time so that the baby will have enough nutrients. Taking some food from the adults' meal is convenient.
- ☆ It can be different for each baby, but the firmness of food should be that it can be crushed with gums. (Same as a banana which can be mashed with fingers).
- ☆ Even if the baby tries to eat with their hands and makes a mess of the table, let the baby do as he/she wants to nurture the willingness to eat on his/her own.
- ☆ Try to make the baby eat with the family and enjoy the meals together.

**Well balanced meal:** Staple food...cereal grains, (potatoes) Main dish...fish, meat, eggs, tofu  
Side dish...vegetables, (potatoes), fruits



## 1 year – 1 and a half years old: completion period

### It's time to finish baby food

- ☆ Food at this time is close to the adult's food. However, it is still necessary to cut in small pieces or to soften the food. It should be soft enough so that the baby can mash with their gums. (soft as meat balls) Try to season lightly.
- ☆ Feed snacks to supplement the nutrition which will still lack with the three meals. Dairy products or fruits are a good choice.
- ☆ Try to make the baby practice drinking from a cup.
- ☆ Give the baby spoons or forks for infants so that he/she can practice eating alone.



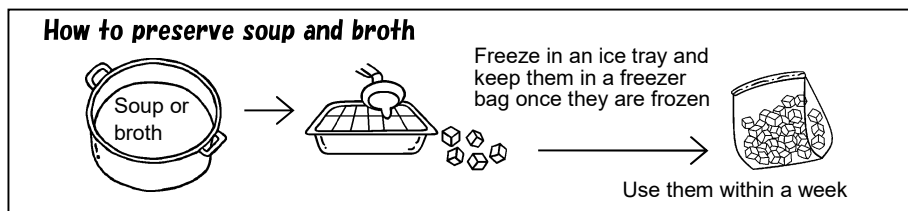
## Tips for easy baby food making



### How to freeze food at home

For the food which you frequently use, freeze in a way that is easy to use later while they are still fresh, to reduce the prep time.

- ☆ Heat the food, then cool it completely before putting it in the freezer.
- ☆ Try to use the frozen food stock within a week.
- ☆ Do not freeze thawed food nor leftover food.
- ☆ Do not thaw the frozen food naturally but make sure to heat it.



### Let's make use of a microwave!

By using a microwave, it is easy to make a small amount of baby food. Check the state of the food and try not to make it too hard by heating too much.

**Tips :** When cooking root vegetables such as carrots and Japanese radishes, put some broth in the dish to soften the vegetables.

When cooking greens, put them in water after microwaving to remove scum.

### About store-bought baby food

It is all right to use store-bought baby food when you are busy or tired.

Although there are many kinds of baby food available and it is very convenient, you should note that due to the monotonous taste and solidity, feeding only the store-bought baby food may affect the development of baby's taste and chewing ability.

Try to have a little ingenuity such as adding one home-made baby food dish to the menu.



## If you are worried about food allergies



- ☆ If you are worried that your baby has an allergy, do not decide on your own and postpone the start of baby food or restrict food.

### Tips for cooking baby food

- 1: Use fresh food
- 2: Try to use seasonal ingredients and keep the taste light.
- 3: Start with a small portion for first time ingredients.



- ☆ If you think your baby has a food allergy, take the baby to a medical institution. Decide the necessary measures after a doctor gives the correct diagnosis and finds the cause of the allergy.
- ☆ In Nishinomiya City, there are allergy consultations and lectures available. Please feel free to use them.



## Snacks during baby food period



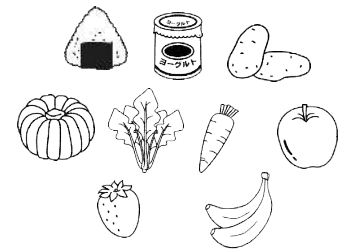
### Think of snacks as the 4th meal

As a child grows and reaches about one year old, the amount of lactation decreases and the 3 meals become the main source of nutrition. Since the digestion and absorption of a child at this age is still immature, eating snacks is also an important opportunity to take in nutrition as well.

- ☆ Leave at least 2 hours in between snack time and meal time.
- ☆ Feed an amount which will not affect the next meal. (100 – 150 kcal )
- ☆ Avoid snacks which contain a lot of salt, sugar, fat, or food additives such as artificial coloring.
- ☆ Give water or barley tea. Other drinks such as juice, ionic beverages, or fermented milk drinks may cause too much caloric intake or cavities. Give these beverages as an occasional “treat”.

### What are good candidates for snacks?

- ☆ Dairy products such as milk or yogurt.
- ☆ Rice balls, steamed sweet potatoes, vegetable sticks, etc.
- ☆ Snacks made of pumpkins, carrots, spinach and other vegetables.
- ☆ Seasonal fruits, or snacks made of these.



## Baby food when the baby is in bad health



※Take the baby to a doctor at an early stage when the baby's symptoms are serious.

### When your baby has a cold

- ☆ Try to feed enough breast milk or formula milk.
- ☆ When the baby does not have an appetite, you can stop baby food.
- ☆ In order to avoid dehydration, give the baby enough cooled boiled water or diluted barley tea.
- ☆ When the baby's appetite comes back, start slowly with porridge and vegetables, fruits that contain vitamins, tofu and fish, or meat and eggs that contain good quality proteins.



Vitamin A: carrots, pumpkins and spinach, etc.  
→strengthens the mucous membrane of trachea and throat

Vitamin C: fruits such as apples and oranges, vegetables such as cabbage and broccoli.  
→develops resistance against cold viruses

- ☆ Try to cook light tasting food which is easy to swallow.
- ☆ In order to avoid dehydration, try to give enough cooled boiled water or diluted barley tea even when the baby does not have an appetite.

### When baby has a fever

- ☆ Basically, it is the same as when a baby has a cold. In order to stop the baby from becoming dehydrated due to loss of water from the fever, try to give them plenty of liquids such as cooled boiled water, diluted barley tea or fruit juice, or ionic beverages for babies, several times.
- ☆ You can also feed the baby a small amount of easy to swallow food such as jelly. Do not feed them too much as too much cold food may cause diarrhea.

#### Note

When your baby's condition is better, stop giving fruit juice or ionic beverages and give cooled boiled water or barley tea. Try not to make the baby used to sweet tasting drinks and food!

### When baby has nausea

- ☆ Vomiting accelerates the loss of body fluid so the first thing to consider is water supply. Soup would be a good choice as it can also boost the intake of water.
- ☆ Please be aware that sweet juice or citrus juice such as orange juice may induce nausea.
- ☆ Stop baby food while the baby is sick and restart the baby food when the nausea subsides.

### When baby has diarrhea

- ☆ Giving enough water is the first thing to do.
- ☆ Please be aware that sweet juice or citrus juice such as orange juice may cause loose stool.
- ☆ You should mainly give starchy carbohydrates such as rice porridge, bread porridge, wheat noodles (udon), and add vegetables or fruits such as pumpkins, carrots, apples and bananas to regulate the functions of intestines.
- ☆ Stop giving proteins such as meat, milk and other dairy products. When your baby starts to recover, start with a small portion of easy to digest food such as white-meat fish and tofu.
- ☆ Refrain from giving high fiber vegetables, sweet potatoes, oils and fats, and jelly.

### When baby has constipation

- ☆ The constipation of babies during the baby food period may be due to too little baby food or irregularities in feeding time so please note these points:
- ☆ Try to give an extra amount of water.
- ☆ Try to give a generous amount of vegetables such as greens, pumpkins and broccoli, potatoes and sweet potatoes, or fermented soy beans (natto).
- ☆ When your baby is in the latter period of baby food, it is recommended to give seaweeds (hijiki, wakame), beans such as bean curd refuse (okara) and azuki beans which can be consumed with the skin. Yogurt, oil and fat are effective to solve the constipation but do not give too much.

### <Inquiries about baby food and nutrition>

Nishinomiya City Health Center, Community Health Care division

- Chuo Health and Welfare Center ☎ : 0798-35-3310
- Kitaguchi Health and Welfare Center ☎ : 0798-64-5097
- Naruo Health and Welfare Center ☎ : 0798-42-6630



Nishinomiya City Mascot on dietary education and fitness- "Miya-chan"

Information on lectures about children's food

