

Quick Reference for Baby Foods

Baby foods are given to babies as they transition from breast milk and/or infant formula to a normal childhood diet. Be sure to adjust the amount of food depending on the baby's condition. If you are unsure about anything, please don't hesitate to consult with us. ※Amounts are per meal

Times per day/age	Hardness of baby foods	Cereals	Vegetables and fruits	Tofu, fish, meat, <i>or</i> dairy product		
1 time/ 5-6 months	Mash until it is similar to a smooth, thick soup such as potage.	10:1 rice porridge (okayu; cook 10 parts water to 1 part rice) (30g), or 7:1 rice porridge (40g)	5-6 months: 5-20g 7-8 months: 20-30g 9-11 months: 30-40g 1-1.5 years: 40-50g Almost all kinds of vegetable and fruits except for high-fiber vegetables (e.g. bamboo-shoots) • Potato • Chinese cabbage (hakusai) • Carrot • Spinach • Squash (kabocha, etc.) • Cabbage • Sweet potato	Add a small amount of one item to the food. As the baby gets used to the food, increase the amount as you monitor the baby's condition.		
				Tofu (25g)	Fish (5g-10g) Cod, flounder, etc.	
2 times/ 7-8 months	Soft enough to mash between the tongue and roof of the mouth (e.g. tofu)	5:1 rice porridge (50g-80g)		Egg yolk (1) or whole egg (1/3) Tofu (30g-40g)	Fish (10g-15g) White chicken meat (10g-15g)	Plain yogurt or cottage cheese (50g - 70g total)
3 times/ 9-11 months	Soft diet: Soft enough to mash with the gums (about the softness of a banana mashed between your fingers).	5:1 rice porridge (90g.) or soft-cooked rice (80g)		Egg (1/2) Tofu (45g)	Fish (15g) (Mackerel, salmon, saury, tuna, etc.) Chicken, Pork, Beef, Liver (15g - 20g total)	Plain yogurt or cheese (80g total)
3 times/ 1 year – 1.5 years	Soft diet: Hardness of meatballs soft enough to be easily chewed with the gums.	Soft-cooked rice (90g) or regularly prepared rice (80g)	• Broccoli • Apple • Japanese radish (daikon) • Turnip • Tomato	Egg (1/2-2/3) Tofu (50g-55g)	Fish (15g-20g) Chicken, Pork, Beef, Liver (15g - 20g total)	Plain yogurt, milk, or cheese (100g total)

Note: To prevent infant botulism, do not feed infants honey until they are a year old.

* Chart based on the 厚生労働省 “Nursing and Baby Food Support Guide,” March 2007

Feeding Guide

Feeding baby food one time per day (5 - 6 months)	Feeding baby food two times per day (7 - 8 months)	Feeding baby food three times per day (9 - 11 months)
<p>6 am - wake-up: breast milk or formula (180ml-200ml)</p> <p>10 am: baby food and breast milk or formula (140ml-180ml)</p> <p>2 pm: breast milk or formula (180ml-200ml)</p> <p>6 pm: breast milk or formula (180ml-200ml)</p> <p>10 pm: breast milk or formula (180ml-200ml)</p>	<p>6 am - wake-up: breast milk or formula (180ml-200ml)</p> <p>10 am: baby food and breast milk or formula (120ml-150ml)</p> <p>2 pm: baby food and breast milk or formula (100ml-150ml)</p> <p>6 pm: breast milk or formula (180ml-200ml)</p> <p>10 pm: breast milk or formula (180ml-200ml)</p>	<p>6 am - wake-up: breast milk or formula (180ml-200ml)</p> <p>10 am: baby food and breast milk or formula (50ml-100ml)</p> <p>2 pm: baby food and breast milk or formula (50ml-100ml)</p> <p>6 pm: baby food and breast milk or formula (50ml-100ml)</p> <p>10 pm: breast milk or formula (180ml-200ml)</p>
<p>Key point for this period:</p> <ol style="list-style-type: none"> 1) Begin by spoon feeding once a day and monitoring the baby's condition. 2) Feed ample breast milk or formula. 	<p>Key point for this period:</p> <ol style="list-style-type: none"> 1) Feed twice a day to form a meal routine. 2) Increase food variety so the baby can experience different tastes and textures. 	<p>Key point for this period:</p> <ol style="list-style-type: none"> 1) Be sure to build a routine for meals three times per day. 2) Enjoy meal times together with the family. 3) Once the child is used to three meals with baby food per day, they should be able to eat at the same time as other family members. 4) Use 1/10 the amount of seasoning used in an adult's serving

Note: When the baby is between one year and one and a half years old and is eating baby food three times per day, begin to switch from using baby bottles to cups.

Key point for this period:

- 1) Maintain a routine for three meals with baby food per day to establish a daily rhythm.
- 2) Babies begin to enjoy eating by eating foods with their hands.

* Information from the Konosu Health Center Health and Hygiene (Activities) Council, Nutrition Group, Dec. 2011