



Diet of Weaning Food 斷奶期的飲食(英文)

For 7-to-8-month-old Infants

- Give diet with breast milk or breast milk substitute 3 times a day supplemented with weaning food twice a day.
- The suggested time for weaning food is 10 a.m. and 3 p.m.
- The amount of weaning foods may be generally increased, beginning from one spoon of one sort, and add gradually day by day.

For 9-to-10-month-old Infants

- You can give them weaning food three times a day.
- Try to train your baby drinking with safe cup.
- For their safety, please make sure to be swallowed easily, such as mashed vegetables.
- We recommend that parents provide various kinds of weaning food for baby' s flavour.

For 11-to-12-month-old Infants

- Be certain of giving three servings a day, acceptable to add one dessert between meals.
- The ways of cooking for babies are normal.
- Steamed-rice is available.
- Avoid stimulating food.
- Time to encourage your baby to dine without help.
- If your baby has a smaller appetite, give him fruit at 10 a.m. and milk as well as cookies at 3 p.m.

On our recommendation, give your bay the weaning food beginning...

- from baby biscuits to toast or bread.
- from rice porridge to steamed rice
- from egg white to a whole egg
- from mashed fruit
- from mashed vegetables
- from small pieces of noodles, but not applicable for allergic baby.
- with ingredients containing less oil, the better.

若有任何疑問，請不吝與我們聯絡
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