



Dietary Principles of Baby Food 添加嬰兒副食品之方法 (英文)

Objectives:

1. Help babies obtain balanced nutrition and fulfill the demand of their growth;
2. Train babies to masticate and swallow;
3. And prepare babies to gradually adapt into adult diet pattern.

Appropriate subjects for the guidelines:

For babies aged from 4~6 month-old with body weight over 5 kg.

Principles for adding solid food:

Purposes for adding and increasing 4~6 month-old babies' intake of solid food, aside from breast or formula milk:

1. Feed your baby with a small soup spoon with little amounts. Modulate solid food and make it pappy or pulpy like, so babies can either chew or swallow it easily and gradually help them adapt to adult foods.
2. Feed your baby with solid food before breast or formula milk.
3. Babies' first solid food is rice noodle for it does not cause any allergic reactions.
4. Give your baby one kind of solid baby food and 4-7 days observation period. Be aware of the allergic reactions.
5. Start from food with mild taste and low allergic reactions; and add some diversifications, it is best to add a kind of new food per month by following the principles below: cereal – vegetables – fruit – meats – eggs – fish.
6. Do not add any seasoning like salt or monosodium glutamate when making solid food for your baby. Prevent your baby from

accustoming to foods with heavy taste. It sometimes takes time and great effort to make baby food, so it is all right to buy ready-made solid baby food.

7. Do not force babies to have solid food because it takes time for adjustment; give them time to study what they are getting into, do not give up on them too easily or quickly as well.

Recipes for 4~6 month-old babies

Meal	Food	Quantity
Breakfast	breast milk or baby formula milk	
Morning Snack	breast milk or baby formula milk	
Lunch	breast milk or baby formula milk	
	Rice soup	1t
	Spinach putty	1t
Afternoon Snack	breast milk or baby formula milk	
dinner	breast milk or baby formula milk	
	Rice soup	1t
	Spinach putty	1t
Night Snack	breast milk or baby formula milk	

Recipes for 7~9 month-old babies

Meal	Food	Quantity
Breakfast	breast milk or baby formula milk	1/2bowl

Morning Snack	breast milk or baby formula milk	
Lunch	Fish muddy flesh	1t
	Gruel	1/2bowl
	Muskmelon putty	1t
Afternoon Snack	breast milk or baby formula milk	
dinner	noodle	1/2bowl
	Spinach putty	1t
Night Snack	breast milk or baby formula milk	

Recipes for 10~12 month-old babies

Meal	Food	Quantity
Breakfast	breast milk or baby formula milk	
Morning Snack	Banana putty	2T
Lunch	Hashed meat noodles	
Afternoon Snack	breast milk or baby formula milk	
dinner	Bean curd gruel	
Night Snack	breast milk or baby formula milk	

