



Basic Rules

How to start feeding your baby with baby food.

Basic Rules:

Add only one new food at a time, do not feed different food on same day.

Feed each new food for three to five days in a row. Observe response to the new food, start another new food if no reaction.

Pay attention to your baby's ability to accept each type of food and help your baby to get used to the new food and taste.



<u>First Group Single Grain</u>	<u>Second Group Fruit</u>	<u>Second Group Veggie</u>
Mix with Formula/water/Breast milk	1 st Day 1/2 Jar	1 st Day 1/2 Jar
1 st Day 1 Tsp 15 gm	2 nd Day 1/2 Jar	2 nd Day 1/2 Jar
2 nd Day 2 Tsp 30 gm	3 rd Day 1/2 Jar	3 rd Day 1/2 Jar
3 rd Day 2 Tsp 30 gm	After 4 days 1 Jar	After 4 days 1 Jar
(Twice a day)	<u>Single Ingredient</u>	<u>Single Ingredient</u>
Single Grain	Apple 蘋果泥	Carrot 胡蘿蔔
Rice 米粉	Banana 香蕉泥	Potatos 土豆
Barley 大麥粉	Pear 梨子泥	Sweet Potatos 甜薯
Oatmeal 燕麥粉	Peach 桃子泥	Squash 金瓜
	Prunes 梅子泥	Peas 豌豆



After starting baby food, your baby can drink water, but not more than 8oz a day.

Because the baby's stomach is not fully matured, the food must be disinfected before it can be fed to baby. Do not make fresh food for the baby yourself, there is increase risk of infection.

Only take a small amount of baby food each time, unfinished leftover needed to be discarded, do not save it for next meal or overnight.



Start Your Baby on Solid Ground to Healthy Eating

All baby's growth and development are different. When the baby grows to a certain level, both the mother's milk and infant formula can't provide all the nutrients and calories that the baby needs. When your baby meets the the following conditions, your baby is likely to be ready to start baby food.

1. Baby double birth weight.
2. Weigh more than 13 pounds.
3. Can lift the head autonomously to control head movement.
4. Express interest in your food.

(The above is only on general base, consult your doctor for assessment.)

Get Set >> Go...

Try to create a relaxed atmosphere when feeding your baby.

Be prepare first: spoon, food, bib, wet towel for the mess.

Place your baby on a chair with a backrest and sit up straight.

Baby may not know how to handle the baby food at first, just move the spoon to the baby's mouth, put the food on the tongue, let baby use his/her tongue to push the food back and swallow it. Baby will learn fast but sure will make a mess.

Meal time is the time for family fun. It should be a happy experience for the baby. If baby is not willing to accept the food you gave him/her, just leave it. Do not force the baby, and wait until baby is willing to open his/her mouth. Do not force baby to open his/her mouth with the spoon. Baby will develop rejection to the spoon and refuse to eat all other food. Baby will put everything in their mouth at this age, do not try adult food on baby, it may cause acute allergy reaction.