

Recommended weaning method.

★The measure of the size.
 1 table spoon = about 15g
 1 tea spoon = about 5g

The targets provided below are merely guidelines. Adjust according to the appetite, growth and developmental of your child..

		5-6 months	7-8 months	9-11 months	12-18 months	
Number of times per day for weaning		once	twice	3 times	3 times+2 times snacks	
Number of times per day for breastfeeding (milk)		about 5~6times	about 5 times (including breastfeeding (milk) after weaning)	about 5 times (including breastfeeding (milk) after weaning)	Give according to the progress and completion of weaning,	
Food Textures		Initial stage Smoothly ground state (yogurt-like)	Middle stage Soft enough to be crushed with your tongue (like silken tofu)	Latter stage Soft enough to be crushed with your gums (banana-like firmness)	Final stage soft enough to be chewed with the gums (soft like a meatball.)	
Amount per meal	I Grains	mashed rice porridge ↓ mashed vegetable ↓ mashed tofu /white fish/egg yolk Start with one food per day, beginning with one teaspoon; the amount is only a guideline. Try a variety of foods even in small amounts.	Regular porrid 50~80g	Regular porrid 90g ~Soft rice 80g	Soft rice 80g ~Regular cooked rice 80g	
	II Vegetable /Fruit		20~30g	30~40g	40~50g	
	III Fish or Meat or Tofu or Egg or Dairy product		10~15g	15g	15~20g	
			10~15g	15g	15~20g	
			30~40g	45g	50~55g	
			1 egg yolk~ 1/3 of Whole egg	1/2 of Whole egg	1/2 of Whole egg~2/3	
			50~70g	80g	100g (Milk can be drunk directly.)	
Seasoning guideline		•Do not add salt,sugar or other flavoring to food. •Value the taste of the ingredients.	•Season lightly, just to add flavor. Miso/soy source/sugger/oil/salt Soy may be used.	•Make it lightly seasoned, centering on dashi. A small amount of ketchup may be used.	•Use 1/3 to 1/2 the amount of seasoning used for adults. Various condiments can be used	
Point		At the same time every day as much as possibles. At first, hold your baby while feeding them baby food.  practice swallowing.	Make sure your baby has two meals per day,and get into a rhythm of eating. Eat every meal,grains,protein-based foods and vegetables. Enjoy the taste and texture.	Easy to eat Baby's chair •Your baby's hand can be glued on the table and moved freely. •The soles of your baby's feet reach the board or floor. self-feeding (with hands) 	Three meals a day + two snacks. (a snack in between meals) Think of snacks as light meals. 	

*This was produced based on the 「授乳・離乳の支援ガイド」.

Key points about weaning

離乳食のポイント

- ◎ Do not feed your baby honey until the age of one

はちみつを与えるのは1歳を過ぎてからにしましょう

Honey poses a risk of causing infant botulism,so do not feed it to your child until after he or she becomes 1 year old.

はちみつは、乳児ボツリヌス症を引き起こすリスクがあるため、1歳を過ぎるまでは与えないようにしましょう

- ◎ If you give baby regular milk (from acow),

you should not do so until after your child is one year old so as to prevent iron-deficiency anemia.

牛乳を飲用として与える場合は、鉄欠乏性貧血の予防の観点から、1歳を過ぎてからが望ましいです

- ◎ If weaning does not proceed smoothly, which leads to a high risk of iron deficiency, or you do not observe anemia.

your baby gaining an appropriate amount of weight, first consult with a doctor, Then, as necessary,

consider using follow-up formula.

母乳育児の場合、生後6か月頃に鉄欠乏やビタミンD欠乏の報告があることから、適切な時期に離乳を開始し、様子をみながら鉄やビタミンDの供給源となる食品を意識的に取り入れることが重要です。離乳が順調に進まず鉄欠乏のリスクが高い場合や、適当な体重増加が見られない場合には、医師に相談した上で、必要に応じてフォローアップミルクの活用も検討しましょう。