

# 40 Weeks

PERSONALISED BABY PLANNER & MATERNITY CONCIERGE

## Guide to Baby Feeding (6-12 Months)

### DISCLAIMER

*Advice contained in this document is of a general informative nature and should not substitute professional medical advice from your qualified doctor or physician, nurse, or pharmacist. 40 Weeks is not a doctor and therefore none of our individual contributors at 40 Weeks, nor anyone else connected to 40 Weeks can take any responsibility for the results or consequences of any attempt to use or adopt any of the information presented on this document.*

Forty Weeks, in collaboration with our partner, Aptima, bring you this guide to weaning your baby and starting him on solids.

Important Notes:

- This guide is ONLY for babies over 6 months.
- Until 6 months, babies should only consume breast milk and formula. (no water, no solids)
- The 1st year of your baby's life marks a stage of rapid and intense growth.
- By the 1st year, his/her birth weight has tripled and his/her height increases by 50%.
- He/she needs adequate nutrients to support his/her rapid growth and development.
- From 6 months onwards nutrient stores such as iron, zinc, vitamin A, B and D become depleted and energy requirements increase beyond that which can be provided by milk.

## The Process

### Weaning

- Weaning is the process of introducing your baby to solid foods.
- It is important for your baby to learn how to chew and explore different tastes and textures.

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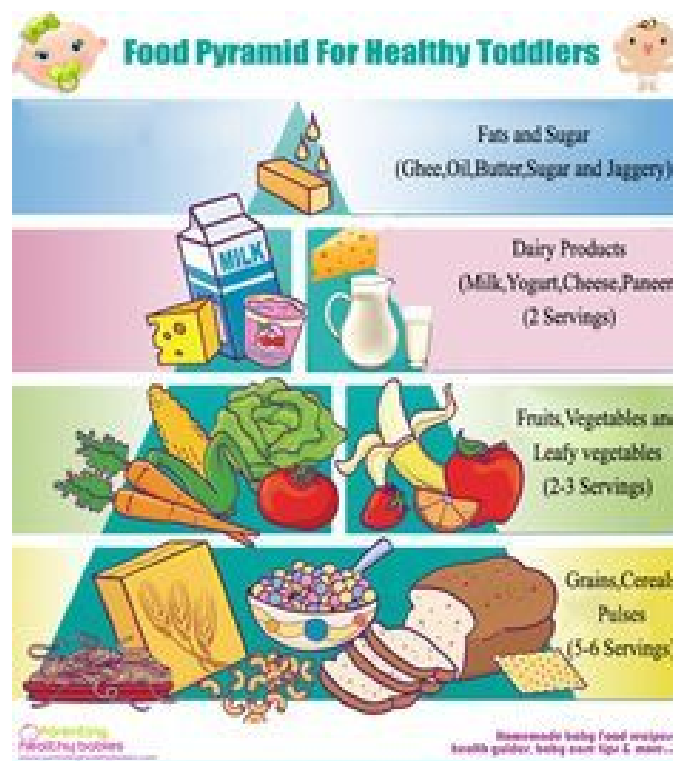
## Starting Solids

- ❑ Start your baby on solid foods gradually.
- ❑ Introduce one new food every 3 - 4 days with the aim of giving your baby food from all the basic food groups eventually.

## Use the Healthy Diet Pyramid

Start by introducing foods at the base of the pyramid and work towards the top in the following order:

- ❑ Rice and Alternatives Group (iron-fortified baby cereals for babies)
- ❑ Vegetables Group
- ❑ Fruit Group
- ❑ Meat and Alternatives Group



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## Recommended No. of Servings Per Day (For Infants from 6 - 12 Months)

Food Groups	Recommended No. of Servings Per Day
Rice and Alternatives	1 - 2
Whole-grains	½
Fruit	½
Vegetables	½
Meat and Alternatives	½
Milk	750ml

## What's a Serving?

Qty Servings	Examples
Rice and Alternatives	<p>2 servings =</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ½ medium mashed sweet potato</li> <li><input type="checkbox"/> ½ bowl of rice (brown rice)</li> <li><input type="checkbox"/> ½ cup of cereal or cereal products</li> </ul>
Vegetables	<p>½ serving = 50g of cooked vegetables</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> They can be pureed, chopped or mashed e.g. spinach, carrots, broccoli, chye sim.</li> <li><input type="checkbox"/> Pureed vegetables in a jar that do not contain artificial colours, flavours or sugar can also be used once in a while for convenience.</li> <li><input type="checkbox"/></li> </ul>
Fruit	<p>½ serving =</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ½ medium apple, mashed or pureed (60g) OR</li> <li><input type="checkbox"/> ½ wedge honeydew,</li> </ul>

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	<p>watermelon, papaya (mashed, scraped) (60g or 4 tablespoons) OR</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pureed fruit in a jar that does not contain artificial colours, flavours or sugar can also be used once in a while for convenience.</li> </ul>
Meat and Alternatives	<p>½ serving =</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 45g pureed or minced chicken, fish or lean meat OR</li> <li><input type="checkbox"/> 85 g tofu (1/3 block)</li> <li><input type="checkbox"/> All food must be fully-cooked.</li> </ul> <p>*Do not add salt or oil or sauces.</p>

\*Slowly work your way up to the recommended amount of servings of each food group a day.

Age	Recommended Food Texture
From 6 months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Foods must be smooth, soft and fine in texture.</li> <li><input type="checkbox"/> Use a sieve and scrape the food through it.</li> <li><input type="checkbox"/> Use a blender.</li> </ul>
From 7-9 months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Foods should be thicker and coarser.</li> <li><input type="checkbox"/> It can be mashed.</li> <li><input type="checkbox"/> Use a spoon to 'scrape' foods.</li> </ul>
From 10-12 months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Foods can be chopped or mashed.</li> <li><input type="checkbox"/> E.g. chopped watermelon, coarsely mashed potato.</li> <li><input type="checkbox"/> Minced chicken, minced meat</li> </ul>

## Foods to Avoid

Some foods are not safe for babies due to allergies and choking hazards.

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Allergy Foods	Choking Hazards
<ul style="list-style-type: none"><li><input type="checkbox"/> Honey</li><li><input type="checkbox"/> Shellfish</li><li><input type="checkbox"/> Egg white</li><li><input type="checkbox"/> Nuts</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Hard foods e.g. nuts of all kind</li><li><input type="checkbox"/> Big pieces of raw carrots and apple</li><li><input type="checkbox"/> Rounded fruits such as grapes, berries (they can be cut into smaller pieces)</li><li><input type="checkbox"/> Fish with small bones e.g. sardines</li><li><input type="checkbox"/> Fish balls</li></ul>

## Sample Meal Plan

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	Breakfast	Mid Morning	Lunch
<b>From Weaning</b> (First 2 weeks of introducing solids)	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
<b>After 2 Weeks</b> (For a further 2 weeks)	2 - 3 Teaspoons of your chosen grain cereal mixed with breast milk or formula <i>(We recommend baby rice cereal)</i>	Breast Milk or Formula	Breast Milk or Formula
<b>After 4 Weeks</b> (For a further 2 weeks)	2 Tablespoons of your chosen grain cereal mixed with breast milk or formula	Breast Milk or Formula	2 Tablespoons of your chosen vegetable puree. <i>(We recommend sweet potato)</i>

	Afternoon	Dinner	Bedtime
<b>From Weaning</b> (First 2 weeks of introducing solids)	Breast Milk or Formula	2 - 3 Teaspoons of your chosen grain cereal mixed with breast milk or formula <i>(We recommend baby rice cereal)</i>	Breast Milk or Formula
<b>After 2 Weeks</b> (For a further 2 weeks)	Breast Milk or Formula	1 - 2 Tablespoons of your chosen fruit puree. <i>(We recommend apple or avocado)</i>	Breast Milk or Formula
<b>After 4 Weeks</b> (For a further 2 weeks)	Breast Milk or Formula	2 Tablespoons of your chosen fruit puree. <i>(Banana and avocado is a super combination)</i>	Breast Milk or Formula

## What Can I Feed a Baby?

When	What	How to Prepare
4-6 months	<input type="checkbox"/> Single-grain cereals	<input type="checkbox"/> Mix with baby formula or breast

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	<ul style="list-style-type: none"> <li><input type="checkbox"/> (Fortified cereals give your baby iron, an important nutrient he needs now.</li> </ul>	<p>milk, or water on occasion.</p>
6-8 months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pureed or strained fruits (bananas, pears, apples, apricots, prunes)</li> <li><input type="checkbox"/> Yogurt (whole milk or soy based)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Wash all fresh fruits, then bake, boil, or steam until soft.</li> <li><input type="checkbox"/> You can puree in either a blender or a food processor, add a little liquid like breast milk, baby formula, or filtered water at first.</li> <li><input type="checkbox"/> Any of these foods can be mixed with rice cereal if added texture is needed</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pureed or strained vegetables (avocados, carrots, peas, potatoes, squash)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Wash all fresh vegetables; then bake, boil, or steam until soft.</li> <li><input type="checkbox"/> You can use less water for a thicker puree as your baby gets used to the new foods.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Protein: pea-sized pieces of cooked chicken, turkey, or other meats, or boneless fish; beans such as</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cut meat or fish into very small pieces; cook and mash or cut up beans.</li> </ul>

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	lentils, black, red, or pinto beans.	
8-10 months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mashed fruits and vegetables</li> <li><input type="checkbox"/> Egg yolks, not whites</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> No need to puree; just cook foods such as carrots and sweet potatoes until soft, or mash bananas and avocados.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Finger foods like small o-shaped cereals, teething crackers, or small pieces of cooked pasta</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cut up to make sure the pieces are small enough for your baby to swallow without choking.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dairy: small amounts.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cut cheese into small pieces.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs (the entire egg is not usually given until 1 year of age; however, that seems to be changing. Speak to your child's doctor)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Scramble, or hard-boil and cut into small pieces.</li> </ul>
10-12 months	<ul style="list-style-type: none"> <li><input type="checkbox"/> Baby can try eating most of the foods you eat now, mashed properly so that he can safely chew and swallow.</li> <li><input type="checkbox"/> Still be cautious about eggs, peanuts and shellfish due to the strong</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> As your baby gets more teeth and learns to chew more effectively, he will begin to be able to eat larger pieces of food.</li> <li><input type="checkbox"/> Continue to monitor his chewing carefully, and when in doubt, cut pieces</li> </ul>



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	<p>allergic reactions sometimes associated with them.</p> <ul style="list-style-type: none"><li>❑ Avoid whole cow's milk and honey until at least one year.</li></ul>	<p>smaller than you think necessary.</p> <ul style="list-style-type: none"><li>❑ Be especially careful with round, firm foods like grapes and hot dogs, which pose a particular choking hazard.</li></ul>
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*\*Courtesy of WebMd*

## Baby Feeding Tips

- ❑ Start with half a teaspoon of solids first, increasing slowly to 1 and 2 tablespoons, 2- 3 times a day.
- ❑ Start with single grain infant rice cereal as rice is least likely to cause allergic reactions.
- ❑ First solid cereals should be smooth, slightly thicker than breast milk/ formula milk.
- ❑ Prepare the infant rice cereal in a bowl and feed your baby with a clean spoon.
- ❑ Offer a few teaspoons of food at a time.
- ❑ Always start with single new food.
- ❑ You can mix the foods with breast milk and water for a smoother consistency.
- ❑ Don't be anxious if your baby rejects a new food. It is common. Try again the next day. It will take some time for him/her to get used to the new taste and textures.
- ❑ Gradually introduce variety, taste and texture to suit baby's development stages.