






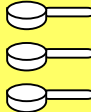
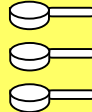
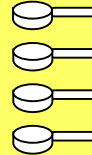
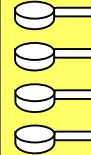
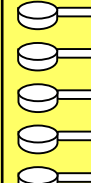
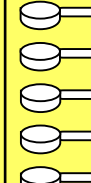
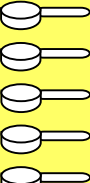




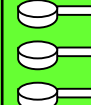
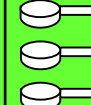
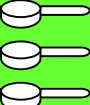
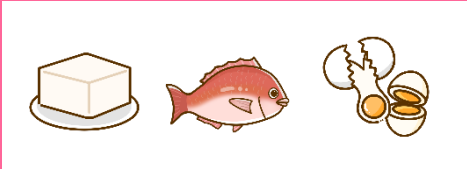







# ★How to start with baby food for the first month

	number of days													
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8~10	Day 11~13	Day 14~16	Day 17~18	Day 19~20	• • •	Day 30
Grain	 													
vegetables														
protein														

## 【Recommended Weaning Method】

At first, feed your child a spoonful of porridge. (One spoon = 1 teaspoon) .

Check your baby's mood and stool, and increase the amount one spoon at a time after 3 to 4 days.

Once your baby's gets used to it, try giving him a spoonful of vegetables.

As your child becomes more accustomed to it, you can start offering a spoonful of protein food such as tofu, white fish, or egg yolks.

\* This table is a guide for how to start weaning food. Babies vary greatly from child to child, so as long as there are no abnormalities in your baby's stool and they are in a good mood, there is no need to worry whether the amount is large or small. Adjust the amount depending on your baby's condition.