

Estimated amount of food per meal

Around 7 months old

Frequency of Feedings : 1 time per day

Characteristics of baby's eating style : Food is taken in at the front of the mouth and mashed between the tongue and the roof of the mouth. The lips should move horizontally.

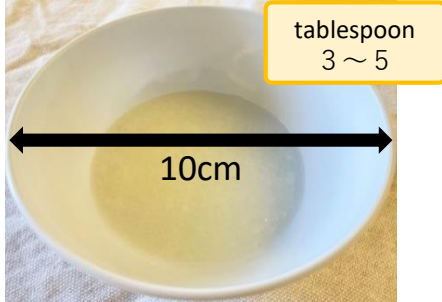
【Approximate amount of food per serving】

Regular rice porridge 50-80g (3-5 tablespoons)

Vegetables/fruit 20-30g (1-2 tablespoons)

※ choose one	fish	: 10-15g
	meat	: 10-15g
	tofu	: 30-40g (2-3 cm square)
	egg	: 1 egg yolk~1/3 whole egg
	dairy products	: 50-70g (3-5 tablespoons)

【Examples】



regular rice porridge

※Children's bowl with a diameter of about 10cm



Chicken fillet



tofu



salmon

Around 10 months old

Frequency of Feedings : 3 times a day

Characteristics of baby's eating style : Food that cannot be mashed by the tongue is moved to the gums to be chewed.

【Approximate amount of food per serving】

Regular rice porridge 90g / soft boiled rice 80g

Vegetables/fruit 30-40g (2-3 tablespoons)

※ choose one	fish	: 15g
	meat	: 15g
	tofu	: 45g (3cm square)
	egg	: 1/2 whole egg
	dairy products	: 80g (5 tablespoons)

【Examples】



regular rice porridge

※Children's bowl with a diameter of about 10cm



Chicken fillet



tofu



swordfish

Around 12 months old

Frequency of Feedings : 3 times a day

Characteristics of baby's eating style : Baby has front teeth, and back teeth begin to appear, but they continue to practice chewing with their gums.

【Approximate amount of food per serving】

soft boiled rice 90g~ regular cooked rice 80g

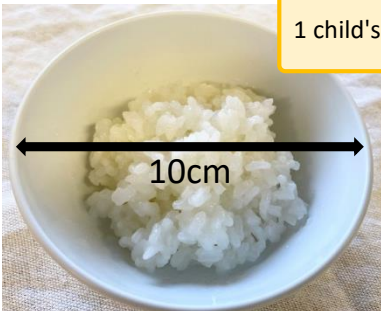
vegetables/fruits : 40-50g (3-4 tablespoons)

※

Choose
one

fish	: 15-20g
meat	: 15-20g
tofu	: 50-55g (3-4 cm square)
egg	: 1/2 - 2/3 whole egg
dairy products	: 100g

【Examples】



1 child's bowl

Soft rice

※Children's bowl with a diameter of about 10cm



55 g

tofu



15~20 g

chicken breast



15~20 g

white fish

★You may be concerned about the amount of food your baby eats, such as too much or too little food, but check to see if the child's development follows the curve of the growth chart. If they are growing along the curve, there is no need to worry. Whether the amount of food is large or small, make sure that grains, vegetables, fish/ meat /tofu are available at every meal.

★How does your child eat baby food? Ideally, white rice and side dishes are the ideal combination. If you have time, cook and serve food separately, and promote eating individual items. Eating individual foods gives your baby a chance to learn different tastes and textures, which will make the transition to toddler food smoother.

Weaning takes one year at the most. Let's make it fun and easy.



【Contact information】

Imabari City Central Health Center
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