

Annako...Mangan Tayon (My Baby...Let's Eat)

Infant Feeding:
A Guide for Baby's 1st Year



When is baby ready to eat solid foods?

Introducing solid foods is recommended at around **six months** of age when baby displays all developmental signs of being ready to eat.

Make sure your baby is ready. If you are able to check all boxes below, baby may be ready for solid foods.

- ❑ Sits up, alone or with support
- ❑ Holds her head steady and straight
- ❑ Opens his mouth when he sees food coming
- ❑ Keeps her tongue low and flat and not blocking the spoon
- ❑ Closes his lips over a spoon and scrapes food off as the spoon is removed from his mouth
- ❑ Keeps food in her mouth and swallows without pushing it back out onto her chin

Keep your baby safe and healthy by waiting until the time is right and baby is ready to eat.

Solid foods given too early may be harmful, since the stomach is not fully developed. They may also

- Hurt baby's stomach
- Put baby at a higher risk of developing allergies and possibly diabetes
- Cause baby to choke

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Feeding Guide by Age

Birth to 6 Months

For many centuries, Filipinos have breastfed.



Benefits of breastfeeding

- Other milk options may not provide complete nutrition for baby
- Convenient and free
- Healthier for baby
- Helps bonding with baby
- Milk is always fresh and the right temperature from the breast

From birth to six months, breast milk (or iron-fortified formula) will meet all of baby's nutritional needs, and it will continue to be the major source of nutrition throughout baby's first year, and even beyond. When baby gets close to six months, introduce a sippy cup.

6 Months

Once baby shows signs of readiness to eat...the fun (and messy) part begins!

In addition to breast milk or iron-fortified formula, baby is now ready to start rice cereal, followed by puréed cooked vegetables, fruits, and lastly, meats and other protein foods.

Remember!

- Introduce **one** food item at a time
- Wait **4-7 days** before trying a new food to see if baby is allergic to the new food introduced
- Don't forget to purée foods

Vegetables

Okra



Ong choy (water spinach)



String beans



Eggplant



Bittermelon



Sweet Potatoes



Marungay leaves



Carrots



Wing beans



Cabbage



Fruits

Bananas



Papayas



6 Months (Continued)

Fruits (continued)

Avocado



Atis (sugar apple)



Coconut



Durian (jackfruit)



Protein Foods

Cooked chicken, fish, meats, cooked beans, and egg yolks

Mung Beans



- Use plain strained baby meats.
- Wait until baby is 1 year old to give whole eggs or shellfish

8-10 Months

Add soft, chopped table foods

- Chop, shred, or grind regular foods for baby to try.
- Always watch baby while he is eating.
- Continue to breastfeed and give drinks in a cup or sippy cup.

10-12 Months

Offer finger foods

- Try small pieces of soft foods that baby can pick up.
- Baby may be very curious—let her touch and taste the food.
- Offer drinks in a cup.
- Enjoy mealtime with baby!

Keep Baby Safe...

Babies less than 3 years old could choke on foods like these:

- Nuts and seeds
- Fruits with seeds, pits, or peels
- Whole grapes
- Raisins and other dried fruits
- Corn
- Raw vegetables (especially carrots)
- Hot dogs, sausages, Vienna sausage
- Hard candies and marshmallows
- Chips, pretzels, popcorn

Wait until baby is 1 year old to give these foods (they could cause allergies):

- Egg whites
- Cow's milk
- Chocolate
- Shellfish (like shrimp, oyster sauce, or crab)
- Peanut butter (*wait until 2 years old*)

Tips to keep baby safe...

- Make sure baby tolerates each new food.
- Put food in a small bowl.
- Stir food and check temperature after warming it up.
- Do not feed baby raw fish, meat, or eggs.
- Avoid giving foods with honey or corn syrup before baby is 1 year old; this could make him very sick.
- Feed baby only the amount she wants. Remember, feeding at this stage is more for practice and to prepare for an easy transition to regular foods.

**Naragsak nga umuna a
pannakayanak!**

(Happy 1st birthday!)