



Food for baby in the first year

- Babies grow best on breast milk for the first 12 months. If not breastfeeding use infant formula. Cow's milk is not suitable as a drink before 12 months.
- At around 6 months, babies need food as well for their growth and development.
- Watch for signs baby is ready to eat such as sitting up with support, holding their head up, interest when other people are eating, or opening mouth when food is offered.
- If you start food before baby is ready, or wait too long to start, it can cause growing or nutrition problems, or food allergy.
- Food can be mashed, lumpy or in soft pieces. You do not need to use a food processor or blender for baby foods.
- Increase food textures and let your baby pick up pieces of food, or hold another spoon while you feed them. This helps baby to learn about new foods and start to eat food by themselves.
- Good foods are mashed cooked vegetables, mashed fruit, baby cereal with a little milk, mashed cooked minced meat, tofu or legumes. Start with something the family eats but do not add salt, sugar or honey to baby foods.
- Do not force feed your baby. Start with 1-2 teaspoons of food the first few times. Increase to 1-2 Tablespoons depending on your baby's appetite. Amounts of food are different for each baby because all babies are different.



- Sit down together as a family during meals so your baby learns about mealtime routines and family foods. Be a good example — your baby learns by watching family members. For safety, stay with your baby while eating to avoid choking.
- Do not put foods in your baby's bottle, only milk.
- Start water in a cup from about 6 months of age. Do not give juice and sweet drinks.
- It takes time, patience and a bit of mess when your baby starts to eat.

Nutrition

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营养

英文/普通话

一周岁之前的婴儿食物

- 在最初的12个月中，母乳对宝宝的成长最好。如果没有母乳喂养，那么就用婴儿配方奶粉。12个月以下的孩子不适合喝牛奶。
- 在大约六个月时，宝宝的成长和发育还需要另外增加一些食物。
- 请注意观察宝宝准备好开始进食的一些信号，比如在帮助下能坐起来、抬起头、看到别人吃饭时很感兴趣，或者给食物时会张开嘴。
- 如果宝宝还没有准备好就开始喂食，或者拖延太久才开始，会造成发育或营养问题，或者食物过敏。
- 食物可以压碎，做成糊状或松软的小块。不需要使用食物处理机或搅拌机来做宝宝的食物。
- 逐渐增加食物的质地，喂食时让宝宝自己抓起小块食物，或抓着另一把勺子。这样能帮宝宝学习新的食物，并且开始自己进食。
- 比较好的辅食是煮熟并压碎的蔬菜、压碎的水果、婴儿麦片加牛奶、煮熟并压碎的豆腐、豆类或肉末。从家里通常吃的食物开始，但不要在婴儿食物里加盐，糖或蜂蜜。
- 不要给宝宝强制喂食。最开始的几次先喂1-2茶匙。然后根据宝宝的胃口，增加到1-2汤匙的量。由于每个宝宝情况不同，喂食的量也会不同。



- 用餐时间一家人坐在一起，这样宝宝会学习用餐习惯和家里常吃的食物。一定要做好榜样——因为宝宝是通过观察家人来学习的。为安全起见，进食时一定要在宝宝身边，以避免哽咽。
- 宝宝的奶瓶中只能放奶，不能放入食物。
- 从大概六个月起可以开始用杯子喂水。不要喂果汁和软饮料。
- 母乳对宝宝是最好的。十二个月以下的宝宝主要喝母乳或婴儿配方奶粉。十二个月以前不适合喝牛奶。
- 对宝宝开始进食需要一些时间和耐心，还很容易弄脏。

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