

Complementary Feeding Guide



You are recommended to practise exclusive breastfeeding with your child until he/she turns 6 months old. Once they turn 6 months, you can now introduce complementary feeding to them. Here are some quick guidelines to complementary feeding.

Complementary feeding

The transitional phase between 6 to 24 months of age when foods other than breast milk (or formula) are introduced and given to babies along with on-demand breastfeeding.



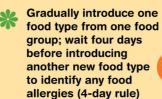
1 - 2 nutritious

snacks

4 - 5 meals

Texture: Family foods







- Provide a variety of fresh, nutrient-dense foods, e.g. cereals, tubers, legumes, fruits, vegetables, fish, meat, poultry, dairy products
- Make sure the texture is right according to the baby's stage of development
- Practise responsive feeding respond promptly to your baby's signs of hunger or fullness; encourage, but don't force them to eat
- Have meals together with your baby to encourage them to eat



- Avoid mixing various types of food in one meal when first starting complementary feeding to avoid allergy
- Avoid foods that may cause choking, e.g. whole nuts, whole grapes, fish with bones
- Avoid adding sugar, salt and sauces
- Avoid giving drinks with low nutritional value, e.g. soft drinks, cordials, tea, coffee
- Avoid distractions during feeding, like toys or TV, so that they can fully focus and enjoy the meal



Food group	Amount of complementary food per day according to age groups		
	6 - 8 months	9 - 11 months	1 - 2 years
Cereals, cereal-based products and tubers	1-1 ½ cup porridge (e.g. rice, barley)	2-2 ½ cups thick porridge (e.g. rice, barley, oat)	1½ - 2 cups rice or cereal
Vegetables (e.g. spinach, carrot, pumpkin)	1/4 cup cooked vegetables	½ cup cooked vegetables	1 cup cooked vegetables
Fruits	1/4 slice of papaya or 1/2 small banana or 1 small apple	1/2 -1 slice of papaya or 1-2 small bananas or 1-2 small apples	1 slice of papaya or 2 small bananas or 2 small apples
Meat, poultry, fish and legumes	2 tsps of any type of meat	2 tsps of any type of meat or ¼ medium size fish or egg	½ medium size ikan kembung or 1 egg
Milk	Breastfeeding on demand	Breastfeeding on demand	Breastfeeding on demand or 3 glasses of milk
Fats & oil	1 tsp added oil	1 tsp added oil	1 tsp added oil

Measurement guide:





