

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.

Birth – 6 Months



Exclusive breastfeeding

6 – 8 Months



2 – 3 meals

+



5 – 6 times/day of breast milk

Texture:
 Pureed, mashed or semi-solid foods

9 – 11 Months



3 – 4 meals

+



1 – 2 nutritious snacks

Texture:
 Chopped, minced or diced soft foods; finger foods, e.g. soft biscuits, fruits

1 – 2 Years



4 – 5 meals

+



1 – 2 nutritious snacks

Texture:
 Family foods



DO'S

- * Gradually introduce one food type from one food group; wait four days before introducing another new food type to identify any food allergies (4-day rule)
- * 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






DON'TS

- * 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



Sample Menu



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)	1 ½ – 2 cups rice or cereal
 Vegetables (e.g. spinach, carrot, pumpkin)	¼ cup cooked vegetables	½ cup cooked vegetables	1 cup cooked vegetables
 Fruits	¼ slice of papaya or ½ small banana or 1 small apple	½ -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 tps of any type of meat	2 tps 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:



1 cup = 200 ml



1 glass = 250ml



1 teaspoon (tsp) = 5g