

Complementary food 補完食

it means "baby food"

What makes complimentary feeding difficult?

- 1st Cooking burden
- 2nd Swallowing without chewing
- 3rd Low appetite, picky eating
- 4th Difficulty in feeding

(National nutrition survey on preschool children conducted by Japan Ministry of Health Labor and Welfare, 2016)

Complementary food is a diet that makes up for nutrition that breast milk can't give. It is proposed by WHO as an alternative word to baby food. It's nothing out of the ordinary. Give nutritious meals that you usually eat at home to your baby. You need to smash, chop and soften them according to the baby's ability to bite and swallow. Your baby will adjust to meals at home through this process. Enjoyable mealtime is the most important thing for you and your baby.

When to start?

- ✓ Your child can sit by himself/herself with support.
 - ✓ Your child doesn't push out food with their tongue.
 - ✓ Your child shows interest in normal meals.
- 5 - 6 months old is a rough indication under normal conditions.



Until 5 or 6 months old, Feeding breast and/or formula milk is sufficient.

After 5-6 months old,

breast/formula milk + complementary food

Complementary foods are expected to contain carbohydrate, protein, micronutrient (iron, zinc, calcium, vitamin A, vitamin C, folic acid).

point 1 No need to reduce breast and formula milk after starting complementary feeding.

Breast and formula milk are still responsible for a large portion of your baby's caloric needs after starting complementary feeding. Breast milk contains many immune substances that protect your baby from infection.



1 hour

point 2 Do you need to reduce breast and formula milk to encourage complementary food?

You don't need to decrease breast and formula milk. Reduction of milk to your baby sometimes stalls their growth. Give your baby as much milk as he/she wants, and whenever they want.



Breast and formula milk digest in an hour. Babies can eat meals one hour after having milk.

What should you give your child?

Complementary food makes up for nutrition that breast milk can't give. Particularly, breast milk contains less iron. Stored iron that a baby receives from their mother is used up by six months after birth. This is why you need to give complementary food to your child.

Iron

Meat
Especially red meat

Lean fish, etc.
Bonito, sardines, tuna, etc.

Liver

Zinc

Chicken **Fish, shellfish**

Yolk **Liver**

Vitamin A

Yolk, yellow vegetables
Carrots, pumpkins, sweet potatoes, Yellow and red bell pepper

Green vegetables
Spinach, broccolis

Liver, etc.

Vitamin C

Fruits
Citrus fruits, strawberries, etc.

Vegetables
Green peppers, broccoli, cauliflower, spinach, etc.

Calcium

Dairy products
Small fish, canned, etc.

Fish that can be eaten with bones and all

Staple foods

point 1

Combine with other foods
It is difficult to give iron, zinc, calcium and other nutrients with staple foods (porridge) alone. Side dishes are a great addition.

point 2

Do not feed low-calorie porridge!
Note that watery porridge is low in calorie content. A baby's stomach is small (about 200ml) and they can't get enough calories from watery porridge.

Baby food

Try commercially available baby food as a 'part of your family menu'.

- You don't have to be concerned with making soup stock from scratch.
- Sometimes it may be difficult to share the family menu with your baby.

Caution!
When using commercial baby food, store it carefully after opening the package. It is strictly forbidden to give leftovers!

I don't like forced feeding ...

How come you didn't eat your meal? I put so much effort into this

Is it necessary to start with white fish?

There is no nutritional evidence to start with white fish. Rather, it is important to feed both red meat and red fish to give iron.

Together with other foods

Porridge paste does not need to be diluted

OK! too dilute

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Gradually introduce complementary foods according to your child's growth and comfort

It is a big change for your baby to go from breast / formula milk to solid food. Your baby needs practice.

There is no need to rush, as progress varies among individuals.

It is important to support and watch your child when they try new things. Pay attention to your baby's expression and reaction, Don't be too worried if your baby does not always eat the recommended amount described in childcare books.

If you are in a hurry and forcing your child to eat, he/she may be more reluctant to eat.

You don't have to rush.

It's a good idea to give your child the opportunity to eat by hand at their own speed.

However, if your child does not accept any food other than breast milk or formula after 9 months of age, you need to have your pediatrician check his or her growth, development, and nutritional status such as iron deficiency.

Don't worry about it alone. Ask for help!



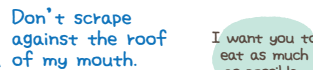
Tips on how to give paste food with spoon

1 Use a spoon for infant. (with a shallow bowl and a long handle)

2 Place a small amount of food on the spoon, hold it horizontally, and put it in the middle of the mouth.



3 Stop just beyond the lips or at the tip of the tongue. Do not force beyond the first 1/3rd of the tongue.



4 When the child closes their lips, pull it out horizontally (do not scrape it against the roof of their mouth).



出典：神奈川県立子ども医療センター 備食外来パンフレットより一部改変

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Babies like to eat with their hands; self-feeding

Children feel comfortable eating with their hands, so we should respect this.

When your child reaches for a toy and puts it in his or her mouth, he or she is ready to start practicing self-feeding.



When your child reaches for a toy and puts it in his or her mouth



The picnic sheet will keep the floor clean.



Start practicing with hard

STEP 1 Start practicing with hard, unchewable vegetable sticks at first. (i.e. raw carrots, celery. You can even put some food paste on the tip of an edible stick)



7~8cm

Beware of suffocation



Prepare vegetable sticks about 7~8cm long, so that adults can pull them out.

STEP 2

- Your child can snap food with their gums
- Your child can pick things up with two fingers

Then, you can give your child boiled vegetables, meat, fish, etc. in 1 cm cubes that are soft enough to chew with their back gums.

Your child should be supervised by adults.



出典：神奈川県立子ども医療センター 備食外来パンフレットより一部改変

Complementary food is the initial step to enjoy meals with family

Complementary food (baby food) is nothing out of the ordinary. Complementary diet is a step towards being able to eat the same meals as your family's.

Separate and smash ingredients before seasoning for adults (ex. simmered vegetables and other ingredients used for miso soup) so that your baby can enjoy the same menu as your family's.

What is most important for you and your baby is an enjoyable mealtime experience. Don't put too much effort into making complementary foods.

