



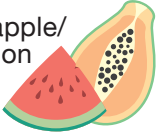





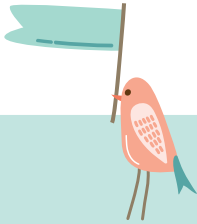


PORTION SIZES OF WEANING FOOD

In the early stages, start by giving him 1 – 2 teaspoons of solids. Slowly increase the amount to 1 – 2 tablespoons, 2 – 3 times a day. As your baby gets used to weaning, you can gradually increase the portion size, eventually making it a full meal that can replace one of his milk feeds.

Once your baby is around 10 – 12 months, he can be offered three meals of solids a day.

HERE'S A GUIDE ON THE RECOMMENDED DAILY SERVINGS AND FOOD PORTIONS TO FEED YOUR BABY:

FOOD GROUPS	SERVINGS AND PORTION SIZES PER DAY
BROWN RICE AND WHOLEMEAL BREAD	<p>2 servings =</p> <p>4 slices of bread  OR 1 bowl of rice/noodles/bee hoon  OR 2 large potatoes </p>
FRUIT (Fruit should not be used to replace vegetables in the diet or vice versa because they contain different types of nutrients.)	<p>½ serving =</p> <p>½ banana/apple/orange/mango  OR ½ wedge of pineapple/papaya/watermelon </p>
VEGETABLES	<p>½ serving =</p> <p>3/8 mug of vegetables </p>
MEAT AND OTHERS	<p>½ serving =</p> <p>½ palm size of meat  OR 1 block of beancurd  OR 3/8 cup of legumes </p>
MILK	<p>500 – 750ml/ 2 – 3 cups </p> 

PAY ATTENTION TO HIS BOWEL MOVEMENT, HEIGHT AND WEIGHT TO ENSURE THAT HE'S EATING WELL.