




The following items are for reference only and should be adjusted according to the baby's appetite and growth / development

		Start Weaning Weaning Completed			
		Initial stage (5-6 months)	Middle stage (7-8 months)	Latter stage (9-11 months)	Final stage (12-18 months)
Eating Stages		○Start with one spoonful once a day while watching for reactions ○Give as much breast milk or formula as wanted	○Keep a routine of 2 meals per day ○Increase the variety of foods so the baby can enjoy a range of flavors and textures	○Progress to 3 meals a day keeping a routine ○Make eating with your child a fun experience	○Create and maintain a lifestyle and 3 meals a day routine ○Increase the enjoyment of independent eating by giving baby finger food
Food Textures		Smooth and creamy	Can be crushed with the tongue	Can be crushed with gums	Can be chewed with gums
Amount per meal Stages					
I	Cereals (g)	Begin with mashed rice porridge. Also, try mashed vegetables. When the baby is used to these, try mashed tofu, white fish/egg yolk, etc.	Rice Porridge 50~80	Rice Porridge 90~ Soft boiled rice 80	Soft boiled rice 90 ~Rice 80
II	Vegetables / Fruit (g)		20~30	30~40	40~50
III	Fish (g)		10~15	15	15~20
	OR Meat (g)		10~15	15	15~20
	OR Tofu (g)		30~40	45	50~55
	OR Egg (amount)		Egg yolk 1~ whole egg 1/3	Whole egg 1/2	Whole egg 1/2~2/3
	OR Dairy (g)		50~70	80	100
Teething Stages			Baby teeth begin to break gums	8 front teeth appear by around the age of 12 months.	Back teeth (first molars) begin to grow in the latter half of the final weaning stage.
Feeding Stages		Can keep food in mouth and swallow with mouth closed 	Can crush food with upper jaw and tongue 	Can crush food with gums 	Can use teeth

*Feed babies easy to eat food prepared hygienically.

From "Nursing and Weaning Support Guide," March, 2019, Ministry of Health, Labour and Welfare