

# Baby Food

Message from Mothers

## Taiwan Ms. Kubo

The basic procedure is to give the rice porridge to the baby (4 months-), examine the stool and adjust the food. No seasoning is added.

Rice Porridge - 2 kinds(6 months old-)

- \* Rice Porridge ① Boil rice with dried minnows, liver, spinach and carrots.
- \* Rice Porridge ② Boil rice with sparerib or chicken wings, carrots, cabbage, chicken breast. Take bony meat out and shred chicken breast.  
! Freeze the broth in advance and cook it with rice for convenience.
- \* Grate apples for juice.  
Apple juice can be used to make jelly.

## Korea Ms. Kang

Baby food is made with rice, banana, tofu, vegetable, meat, white fish meat, dairy product and other fruits depending on baby's age. No seasoning is added because babies have a more sensitive sense of taste; we want them to enjoy the ingredient as it is.

Broccoli Porridge(4~6 months old)

Ingredient: Rice (1 Tbsp), Broccoli (10g),  
Water (2/3 cup)

- ① Wash rice and soak in water for 30 min.
- ② Wash broccoli and cut in small pieces.
- ③ Break up ① in the blender and add 2/3 cup water. Cook with medium heat to make porridge.
- ④ Add broccoli pieces to the porridge.
- ⑤ Strain the porridge.

## Brazil Mrs. Arlete

Papinha(7~8 months old)

- ① Boil and mash carrots, potatoes, squash, tapioca potatoes, cabbage and other vegetables.
  - ② Saute minced onions and garlic in oil or butter.  
Add ① and season with salt, onion, parsley and other seasoning.
  - ③ Add minced macaroni, cooked rice and/or ground meat.
- \* Other baby food: Mashed fruits (banana, papaya, apple), oatmeal, mashed beans(feijão)

## Mexico Mrs. Graciela

At Japanese Pre-school: When my 7 month old child started pre-school in Japan, she was already eating solid food such as bread porridge.

Pre-school was not providing much solid food at that time and I was worried that baby food training was going backwards. However, I found that my child started eating things I didn't cook at home because pre-school provided various type of food with good balance for different age children.

I like Japanese baby snacks such as cookies because they melt in the mouth and it will not get stuck in the throat. I also like to give babies tea instead of sweet drinks. It is a good way to prevent cavities.

## Doctor's Advice

### Breast Milk – Infant's best friend

Researches have proved that the mother's breast milk is perfectly suited to nourish infants and protect them from illness. Breast-fed infants have lower rates of medical problems, hospital admissions, ear infections, diarrhea, rashes, allergies, etc in comparison to the bottle-fed babies. The most important benefit of breast milk is nutrition. When it comes to nutrition, the best first food for babies is breast milk. Human milk contains just the right amount of nutrients for baby's physical and mental development. Breast-fed babies have fewer illnesses because human milk transfers mother's antibodies against disease to babies. Human milk is produced and comes straight from the mother's breast. It is always sterile, never contaminated. So it is very safe. No babies are allergic to their mother's milk. Sucking activity at the breast promotes good jaw development for the baby. The baby at the breast also can control the flow of milk by sucking and stopping. Breast-feeding is also economical. Breast feeding has psychosomatic benefits for the infant and mother, creating an early attachment between them. It helps to develop physical closeness and emotional health for both baby and mother. It is believed that during nursing babies enjoy a sense of security from the warmth, tenderness and presence of the mother, especially when there is skin-to-skin contact during breast feeding.

Dr. Turin Chowdhury