

如何開始給寶寶添加固體食物



Starting on Solids: How to Introduce Your Baby to Solid Foods

固體食物幫助寶寶成長發育

母乳或嬰兒配方奶可以滿足寶寶從出生到六個月大的營養需要。不過，從五個月大起，有些寶寶就可以進食固體食物了。正確引導寶寶進食固體食物能幫助他養成有益於一生的飲食習慣，並且為他的成長提供適當的營養。

固體食物，你的寶寶準備好了嗎？

寶寶可以吃固體食物的表現：

有些寶寶在4至6個月大時就可以開始吃肉類、水果及蔬菜。但每個寶寶的發展都是不同的。

- 在有支撐時能坐著不倒
- 能很好的控制轉動頭部和頸部
- 能夠吞咽食物，而不是用舌頭推出食物
- 把手塞進嘴裡
- 通過張開嘴或向前傾來表現對食物的興趣
- 通過往後倒或轉開頭來表現已經吃飽了

如果你的寶寶能達到以上某些或所有條件，你可以請教醫生你是否可以開始給他吃固體食物。

慢慢給寶寶增加固體食物

- 每餐先給寶寶吃新的食物。
- 連續餵幾天一種新的食物。等3-5天後，再試另一種新食物。如果寶寶出現任何過敏性反應，例如腹瀉、紅疹或嘔吐等，應立即停止餵這種新的食物，並告知寶寶的醫生。
- 使用加有保護層的嬰兒專用匙，以保護寶寶的牙齦。
- 餵食前應確保食物不要太燙。
- 讓寶寶決定自己進食的節奏。



自己製做嬰兒食物

預先做好的食物對於繁忙的家人會很方便，但是自己在家裏做的食物會更便宜也更新鮮。在家做飯時，記得在添加調料之前給寶寶留出一些食物。你的寶寶應學會吃不同質地的食物，例如：糊狀的、搗爛的、剝碎的以及小片的食物。

- 糊狀的嬰兒食物：用食物攪拌機或嬰兒食品研磨器來做。試著從嬰兒麥片及只含有一種成份的嬰兒食品開始。當你的寶寶習慣進食這類成份單一的食物後，可以混合其它經過嘗試的食物，例如：肉類、蔬菜及水果。
- 搗爛的：當你的寶寶能夠進食糊狀的食物後，可以用叉子把食物搗爛餵給寶寶。可以搗爛的食物包括：麵條、米飯、豆子、煮軟的蔬菜以及水果、煮熟的蛋黃、肉類以及豆腐。
- 剝碎的：當你的寶寶能夠咀嚼及吞咽搗爛的食物後，可以試著喂寶寶用刀或食品加工器切碎成超小粒的食物。
- 小塊的：當你的寶寶9至10個月大時，可以給寶寶小片質地較軟的食物，例如：軟的水果、煮過的蔬菜以及切短的麵條。等你的寶寶一歲時，他應能夠進食大部分家裏的食物了。

當你給寶寶準備食物時，不要加鹽、糖、油、醬油、蠔油或其它調味品。此外，你也應確保寶寶從肉類、豆類以及豆腐中攝取足夠的蛋白質，因為寶寶無法從肉汁及肉湯中攝取足夠的蛋白質及鈣質。



讓寶寶一次嘗試一種食物

嬰兒麥片



4至6個月大時餵食

餵專門為嬰兒製作的麥片，例如含有額外鐵質的嬰兒米糊。每一茶匙麥片可混合四至五茶匙母乳或嬰兒配方奶，調成糊狀餵食。開始時先餵母乳或嬰兒配方奶，吃完後接著餵一茶匙麥片。然後逐漸增加麥片份量，直到每天半杯(四盎司)。可以逐漸減少調入母乳或嬰兒配方奶的份量，慢慢提高麥片的濃度。

- 開始時每次1茶匙，然後增加至每次1至2湯匙
- 每天3至5次

肉類



6至8個月大或更大時餵食

給寶寶喂碎肉，例如雞肉、豬肉、牛肉或火雞肉。在混合其它食物或吃之前用刀將肉細細切碎，並剔除脂肪和皮。你也可使用預先做好的、含有肉類的嬰兒食物。

- 1至2盎司
- 每天2至3次

蔬菜



6至8個月大或更大時餵食

你可以給寶寶餵蔬菜，例如綠豆、豌豆、胡蘿卜和番薯。不要餵玉米。蒸或烤熟蔬菜而不是煮熟，以保留其中所含的維他命。用攪拌機或刀切碎蔬菜之前，應去除外皮及種子。

- 每次1至2茶匙
- 每天2至3次

水果



6至8個月大或更大時餵食

可用湯匙把蘋果或梨子刮成果泥，或把香蕉壓成泥。不要給寶寶餵罐頭或蜜製水果。寶寶這時也可飲用新鮮混合的、或消毒過的百分百純果汁。但應將份量限制在每天4至6盎司，不要在孩子睡覺之前給他喝果汁。

- 每次1至2茶匙
- 每天2至3次

採用這些餵養建議

- 不要在吃正餐前給寶寶餵食湯水。
- 不要給寶寶吃沒有切過或大塊的食物，以避免窒息。
- 不要把麥片放在寶寶的奶瓶裏給他吃。
- 不要餵寶寶自己咀嚼過的食物。這會導致細菌的傳播。
- 餵寶寶時，應確保他在餐桌旁端坐好。
- 不要給寶寶餵食過多，如果他感到飽了，就應該停止。如果出現下述情況，則說明寶寶進食了足夠的份量：
 - 把匙送近嘴邊時，不再張開口
 - 吐出餵進口中的食物
 - 把頭轉開或身體往後靠，以避開餵食
- 餵完寶寶後，所有沒有吃完的食物都應仍掉。餵寶寶的匙上粘的唾液會導致食物很快變質。

安全地儲存在家裏製做的嬰兒食物

沒有吃過的、在家裏製做的嬰兒食物放在冰箱裏儲存不應超過2天。你也可按照下述方法用速凍箱儲存嬰兒食物：

1. 用茶匙把嬰兒食物放進做冰塊的盒子中。
2. 再把冰塊盒用保鮮袋裝好，放進速凍箱儲存。
3. 等嬰兒食物凍成冰塊後，將其從冰塊盒中倒出，放進能反復密封的保鮮袋中儲存。
4. 在每個保鮮袋上標明日期。再把保鮮袋放回速凍箱。這些食物要在一個月內吃掉。

在給寶寶吃的前一天，把凍成冰塊的嬰兒食物從速凍箱中拿出來解凍。不要放在室溫下解凍，這樣會導致細菌繁殖。食物解凍後，用微波爐加熱。你也可將食物放到碗裡，蒸幾分鐘。不要把解凍的食物再次冰凍。



並非所有食物都適合寶寶

經過幾個月後，寶寶每天飲用的母乳或嬰兒配方奶不應超過28-32盎司，每天吃的碎肉、穀物糊、蔬菜泥、和水果泥應該均衡。不過，某些食物寶寶應該避免：

✘ 蜂蜜、堅果、草莓、蛋白和海鮮

如果太早讓寶寶進食含有蜂蜜、堅果、花生醬、草莓、蛋白或海鮮的食物，可能會引起過敏性反應。等寶寶1至2歲大時再餵食這些食物。

✘ 太小、太硬或太黏的食物

類似玉米、堅果、葡萄、櫻桃、葡萄乾、糖果和花生醬等太小、太硬或太黏的食物，很容易使寶寶窒息。也不要吃熱狗、爆米花和生的胡蘿蔔。

✘ 辛辣或油膩食物

辛辣或油膩食物，例如快餐，會引起寶寶腸胃不適。

✘ 柑橘類水果

柑橘類水果，例如：橘子，所含的果酸能引發尿布疹。寶寶一歲以後，才能吃柑橘類水果。

✘ 牛奶

牛奶並不能提供嬰兒所需的全部營養，例如鐵質。一歲以上的寶寶才能飲用全脂牛奶。

想進一步
瞭解如何餵
養寶寶

WIC計劃(婦孺營養計劃，特別為婦女、嬰兒和幼童制訂的營養計劃)為符合資格的婦女和嬰幼兒提供營養教育和營養食品。諮詢更多詳情請致電311，聯絡離你最近的WIC專員。

Solid Foods Help Your Baby Grow

Breast milk or formula meets your baby's nutritional needs for six months according to the American Academy of Pediatrics. However, by five months, your baby may be ready for solid foods. Introduce your baby to solid foods to help shape your child's lifelong eating habits and give your child the nutrition needed to grow.

Is Your Baby Ready For Solid Foods?

Babies may be ready for solid foods if they:

Some babies can start meats, fruits, and vegetables between 4 to 6 months of age. However, each baby's development is different.

- Can sit up with support
- Have good head and neck control
- Do not push food out with their tongues instead of swallowing
- Put their hands in their mouths
- Show an interest in food by opening their mouths and leaning forward
- Can show they are full by leaning back or turning away

If your baby does some or all of the above, ask your doctor if your baby can start eating solids.

Add Solids Slowly to Your Baby's Diet

- Give new foods at the start of the meal.
- Give your baby one new food for a few days. Wait 3-5 days before trying another new food. If your baby has any allergic reactions such as diarrhea, rash, or vomiting, stop feeding the new food and tell your child's doctor.
- Use a coated, baby-size spoon to protect your child's gums.
- Make sure the food is not too hot before feeding it to your baby.
- Let your baby set the pace for feeding.



Make Your Own Baby Food

Premade food may be convenient for busy families, but homemade food is cheaper and fresher. When cooking for your family, set aside some food for your baby before adding seasonings. Your baby should learn to eat foods with different textures: smooth, mashed, chopped, and small pieces.

○ Smooth Baby Foods

Use a blender or baby food grinder to make this. Start with baby cereal and plain baby foods made with one ingredient. When your baby is used to plain foods, try to feed a mixture of pretested foods, including meat, vegetables and fruit.

○ Mashed

When your baby can eat smooth foods, offer your food mashed with a fork. Foods such as noodles, rice, beans, soft vegetables and fruits, cooked egg yolk, meat, and tofu.

○ Chopped

When your baby can chew and swallow mashed foods, offer foods chopped into tiny pieces by a knife or food processor.

○ Small Pieces

When your baby is around 9 to 10 months, give your baby small pieces of soft foods, such as soft fruits, cooked vegetables, and cut-up noodles. By the time your baby is one years old, he or she should be able to eat most of your family's foods.



When preparing your baby's food, avoid adding salt, sugar, oil, soy sauce, oyster sauce, or other seasonings to your baby's food. Also, make sure your baby gets enough protein from meat, beans, and tofu. Your baby will not get enough protein and calcium from gravies and soup broth.

Introduce Foods One At A Time

CEREALS



Feed at 4 to 6 months

Give cereals made for babies, such as infant rice cereal with iron added. Mix 4 to 5 teaspoons of breast milk or baby formula with every 1 teaspoon of cereal. Start with 1 teaspoon of cereal at the end of breast or bottle feeding. Then slowly increase to ½ cup (4 ounces) of cereal per day. Cereal can be thickened over time by adding less liquid.

How much: 1 teaspoon at a time then increase to 1-2 tablespoons at a time

How often: 3-5 times a day

MEATS



Feed at 6 to 8 months or older

Feed your baby small pieces of meat, such as chicken, pork, beef, or turkey. Chop up meat into small pieces, and peel off the fat and skin before blending or serving. You can also use premade baby food made with meat.

How much: 1-2 ounces

How often: 2-3 times per day

VEGETABLES



Feed at 6 to 8 months or older

Give vegetables like green beans, peas, carrots and yams. Avoid corn. Steam or bake vegetables instead of boiling them to retain the vitamins. Remove skin and seeds before blending or chopping.

How much: 1-2 tablespoons at a time

How often: 2 times a day

Feed at 6 to 8 months or older

Use a spoon to scratch apples or pears into a pulp or mash bananas. Avoid canned and dried fruits. Your baby can also drink freshly blended or pasteurized 100% fruit juice from a cup. This should be limited to 4-6 ounces a day. Avoid giving juice at bedtime.

How much: 1-2 tablespoons at a time

How often: 2-3 times a day

Follow These Feeding Tips

- Avoid feeding your baby soup before a meal.
- Do not feed your baby uncut or large pieces of food to prevent choking.
- Do not put cereal in your baby's bottle.
- Avoid chewing foods for your baby – this can spread germs.
- Make sure your baby sits upright at the dinner table when being fed.
- Avoid overfeeding your baby. Your baby should only eat until full. Babies have had enough to eat when they:
 - Close their mouths when offered the spoon
 - Spit out food that is being fed
 - Turn their heads away or lean back from the spoon
- After feeding your baby, throw away any unfinished food. Saliva from the spoon will cause the food to spoil more quickly.

Store Homemade Baby Food Safely

Store unused homemade baby food in the fridge for no more than two days. You can also store baby food in the freezer this way:

1. Spoon food into an ice cube tray.
2. Place tray in a plastic bag and store in freezer.
3. When food cubes are frozen, take out of the tray and place in a resealable plastic bag.
4. Mark the date on each bag. Place the bag back in the freezer. Use food within one month.

One day before feeding, thaw the food in the fridge. Avoid thawing at room temperature as this allows bacteria can grow. Once the food is thawed, heat it using the microwave. You can also place it in a bowl and steam for a few minutes. Do not refreeze food that has been thawed.



Not All Foods Are Safe For Your Baby

After a few months, your baby should have no more than 28-32 ounces of breast milk or formula a day and eat a balanced diet of meats, cereal, vegetables, and fruits each day. However, your baby should avoid these foods:

✘ **Honey, nuts, strawberries, egg whites, and seafood**

Foods that have honey, nuts, peanut butter, strawberries, egg whites, or seafood can cause an allergic reaction when introduced too early. Wait until your child is 1-2 years old before giving these foods.

✘ **Small, hard, or sticky foods**

Small, sticky, or hard foods like corn, nuts, grapes, cherries, raisins, candy, and peanut butter can easily cause your baby to choke. Avoid hot dogs, popcorn, and raw carrots.

✘ **Spicy or greasy foods**

Spicy or greasy foods, such as fast food, can upset your baby's digestive system.

✘ **Citrus fruits**

The acid in citrus fruits, such as oranges, can cause a painful diaper rash. Your child can have citrus fruits after the age of one.

✘ **Cow's milk**

Cow's milk does not have all the nutrients your baby needs, such as iron. Your baby can have whole cow's milk after turning one year old.

Learn
More About
Feeding Your
Baby

The WIC Program (Special Supplemental Nutrition Program for Women, Infants, and Children) provides nutrition education and nutritious foods for eligible women, infants, and children. Call 311 for the WIC agency nearest to you.





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