# ●離乳のすすめ方● Recommended Weaning Method

### 離乳初期 生後5~6か月頃 Early weaning period (5-6 months after birth)

※この資料は、離乳のすすめ方の目安です。お子さんの食欲や成長・発達の状況に応じて、食事の量、固さ、大きさなどを調整しましょう。

This pamphlet is a guide to weaning recommendations. Adjust the amount, frequency, consistency, and size of food according to your child's appetite and growth and development

月齢	離乳初期(生後5~6か月頃)
Month	Early weaning period of (5-6 months after birth)
食べ方の目安	●生後5~6か月頃を目安に離乳食を始めましょう。首がしっかり座り、スプーンを舌で押し出すことが減り、親が食べて
Feeding Guidelines	いる様子や食べ物に興味を示し始めます。
	※発達などのかかりつけ医がいる場合は、開始時期を相談しましょう。
	• Start weaning around 5-6 months of age. They will begin to sit with their neck
	upright, they will push the spoon out with their tongues less often, and they will begin
	to show interest in their parents' eating and food.
	<b>X</b> If you have a developmental or other family doctor, talk to them about when to start.
S 6 5	<ul><li>●離乳食の舌ざわりや味に慣れ、上手に飲み込むようになることが目的です。</li></ul>
	• The goal is to help them get used to the texture and taste of baby food, and to learn
$\mathcal{U}$	to swallow it well.
	●子どもの様子をみながら、1日1回1さじずつ始めましょう。
	• Start one spoonful at a time, once a day, while watching your child.
離乳食と母乳(ミルク)の	〈離乳食の回数〉 1 回 < Frequency of Feedings> 1 time per day
1日の回数(例)	●母乳やミルクは、授乳のリズムに沿って、飲みたいだけ飲ませます。
Number of times per day for	● Breast milk or formula should be given as much they want to drink, following the
weaning and breastfeeding (milk) (example)	rhythm of breastfeeding
固さの目安	なめらかにすりつぶした状態(ポタージュ状)にし、慣れてきたら粗つぶしにします。
Hardness Guideline	Mash it smooth (potage) and once they get used to it, coarsely mash it.
味付け Seasoning	味付けなし
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## 札幌市

City of Sapporo

出典: 2019年3月 厚生労働省「授乳・離乳の支援ガイド」

Submitting: 2019 year March Ministry of Health, Labour and Welfare "nurse and weaned support guidance"

## 離乳中期 生後7~8か月頃 Middle Weaning Period (7-8 months after birth)

※この資料は、離乳のすすめ方の目安です。お子さんの食欲や成長・発達の状況に応じて、食事の量、固さ、大きさなどを調整しましょう。

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Feeding guidelines  - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -
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Seasoning   素材の味を生かしながら、うす味でおいしく調理しましょう。   As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, cook with use seasoning sparingly while keeping the flavors of the ingredients intact.    ****   ***
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Thin rice porridge 50 - 80 grams   野菜・果物   Vegetables and fruit   野菜・果物   20~30 g   Vegetables and fruit 20-30 grams   野菜・果物   Vegetables and fruit   野菜・果物   20~30 g   Vegetables and fruit 20-30 grams   海藻   離乳の進行に応じて取り入れましょう   Seaweed   You can feed your baby seaweed depending on your baby's condition and weaning stage.   Any on portation   Any on
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Seaweed   Fish   Any one of the seawed   Fish   Deg   De
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野 Egg(bolled)
乳製品 Dairy Products
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開始 Introduce   Cooking Oil Use only small amounts
歯の生え方の目安 乳歯が生え始めます。
歯の生え方の目安 Teething Development Baby teeth (Deciduous) begin to grow.
歯の生え方の目安乳歯が生え始めます。Teething DevelopmentBaby teeth (Deciduous) begin to grow.口の動き舌と上あごで上下につぶして食べるようになります。
強の生え方の目安   Teething Development   Baby teeth (Deciduous) begin to grow.   日の動き   舌と上あごで上下につぶして食べるようになります。   Able to mash it up and down with their tongue and upper jaw.
歯の生え方の目安乳歯が生え始めます。Teething DevelopmentBaby teeth (Deciduous) begin to grow.口の動き舌と上あごで上下につぶして食べるようになります。

## 離乳後期 生後9~11 か月頃 Latter Weaning Period(9-11 months after birth)

※この資料は、離乳のすすめ方の目安です。お子さんの食欲や成長・発達の状況に応じて、食事の量、固さ、大きさなどを調整しましょう。

This pamphlet is a guide to weaning recommendations. Adjust the amount, frequency, consistency, and size of food according to your child's appetite and growth and development.

Latter Weaning Period (9-11 months after birth)   食べかの目気	月齢		離乳中期(生後9~11か月頃)
食事のリズムを大切に、1 日 3 回食に速めていきましょう。   予作 baby should have 3 meals a day on a constant schedule.   食欲にむして、悪を増やしていきましょう。   予作 baby should have 3 meals a day on a constant schedule.   食欲にむして、悪を増やしていきましょう。   予作 baby should have 5 meals a day on a constant schedule.   食水物に手を押にすようにおり、手づかきな人内無さります。精神的にさせましょう。   下作 will begin to reach for food and start grabbing food. Let them be proactive.   ● 水焼きは食食・配砂、井食(一緒に食べること)を通して食の楽しい体験を増やしましょう。   ● Enrich your dining experience with your family around the dining table and eating together.     日本			
食欲に応じて、最を贈やしていきましょう。   Depending on appetite, increase quantity.   食べ物に手を伸ばすようになり、手づかみ食べが始まります。積極的にさせましょう。   They will begin to reach for food and start grabbing food. Let them be proactive.   ●素様で食食を食用み、共食(一緒に食べること)を通して食の楽しい体験を増やしましょう。   Enrich your dining experience with your family around the dining table and eating together.   M開現食の回数 3 回   「デrequency of Feedings > 3 times a day   ○3 回食に慣れてきたら、大人と同じ食事時間にします。   ● Your baby can now eat at the same time as the rest of your family.   ●開現食が見いたがた、大人と同じ食事時間にします。   ● Your baby can now eat at the same time as the rest of your family.   ●開現食が見いたが治ったが表しています。   ● Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.   MRの食でつみはも固定 (パナナぐらい)   Should have the consistency of a banana.	食べ方の目安		
食飲に応じて、悪を増やしていきましょう。   Depending on appetite, increase quantity.   食べ物に手を押ばする方になり、手力かみ食がが出まります。積極的にさせましょう。   不計を、映開した。 中では、 中では、 中では、 中では、 中では、 中では、 中では、 中では、	Feeding gui	idelines	• The baby should have 3 meals a day on a constant schedule.
● Depending on appetite, increase quantity. ●食べ物に手を伸ばすようになり、手ブかみ食べが始まります。積極的にさせましよう。 ● They will begin to reach for food and start grabbing food. Let them b proactive. ● 素味管・食中を用み、共食(一緒に食べること)を通して食の楽しい体験を増やしましょう。 ● Enrich your dining experience with your family around the dining table and eating together.    機乳食と母乳(ミルク)の1日の回数(例)			
食べ物に手を伸ばすようになり、手づかみ食べが始まります。精極的にさせましょう。   ● They will begin to reach for food and start grabbing food. Let them be proactive.   ● 素大奈と食事を開か、共食(一緒に食べるごと)を通して食の楽しい体験を増やしましょう。   ● Enrich your dining experience with your family around the dining table and eating together.	7.		
● They will begin to reach for food and start grabbing food. Let them b proactive.  ● 天族や食卓を囲み、共食(一緒に食べること)を通して食の楽しい体験を増やしましょう。 ● Enrich your dining experience with your family around the dining table and eating together.	1)		
proactive.		ر جيءَ ع	
● 家族等と食卓を囲み、共食(一緒に食べること)を通して食の楽しい体験を増やしましょう。 ● Enrich your dining experience with your family around the dining table and eating together.  (離乳食の回数)3回 <frequency feedings="" of=""> 3 times a day ● 3回食に慣れてきたら、大人と同じ食事時間にします。 ● Your baby can now eat at the same time as the rest of your family. ● 離乳食の後に母乳やシレクを飲ませます。 ● Only after your baby has eaten their baby food should you feed them breas milk or infant formula. ● 離乳食とは別に授乳のリズムに治って、母乳は飲みたいだけ、シレクの場合は、1日2回程度飲ませます。 ● Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.  ■ Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.  ■ おいましていて、砂糖、塩、しょうゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおしく人関連しましょ。  As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.  ■ An</frequency>	60		
● Enrich your dining experience with your family around the dining table and eating together.  離乳食と母乳(シルク)の1日の回数(例)  Number of times per day for weaning and breastfeeding (milk) (example)  「中で中国の後に母乳やシルクを飲ませます。  Only after your baby has eaten their baby food should you feed them breast milk or infant formula.  ●離乳食とは別に授乳のリズムに治って、母乳は飲みたいだけ、シルクの場合は、1日2回程度飲ませます。  ● Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.  ■ Separately from baby hould be able to mash the food with their gums.  ■ 特別の味を生かしながら、ララ味でおい人調理しましよう。  As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.    全がゆ 90 g ~軟飯 80 g 90 grams of thin rice porridge or 80 grams soft-cooked rice 野菜・果物 Vegetables and fruit 野菜・果物 30~40 g Vegetables and fruit 30-40 grams   海藻	J		<del>_</del>
解乳食と母乳(ミルク)の1日の回数(例)  Number of times per day for weaning and breastfeeding (milk) (example)  「Frequency of Feedings> 3 times a day  「Seasoning (milk) (example)  「B型の自然を表し、大人と同じ食事時間にします。 「Your baby can now eat at the same time as the rest of your family.  「職乳食の後に母乳やシルクを飲ませます。  Only after your baby has eaten their baby food should you feed them breas milk or infant formula.  「職乳食とは別に授乳のリズムに沿って、母乳は飲みたいだけ、シルクの場合は、1 日 2 回程度飲ませずす。  Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.  「関連の事務を表しています。」  「はいまり、これでは、これでは、これでは、これでは、これでは、これでは、これでは、これでは		$\sim$	
機乳食と母乳(ミルク)の1日の回数(例)   Number of times per day for weaning and breastfeeding (milk) (example)			
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Number of times per day for weaning and breastfeeding (milk) (example)  - Your baby can now eat at the same time as the rest of your family.  - Way by can now eat at the same time as the rest of your family.  - Way apply an interest of your family.  - Way apply and a seaten their baby food should you feed them breast milk or infant formula.  - Way apply apply apply a seaten their baby food should you feed them breast milk or infant formula.  - Way apply ap	PILTOLIC PTO		
● Your baby can now eat at the same time as the rest of your family.  ● 神乳食の後に母乳やシリクを飲ませます。 ● Only after your baby has eaten their baby food should you feed them breas milk or infant formula. ● 離乳食とは別に授乳のリズムに沿って、母乳は飲みたいだけ、シリクの場合は、1 日 2 回程度飲ませます。 ● Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.  歯さの目安  Hardness Guidelines  Should have the consistency of a banana. Your baby should be able to mash the food with their gums.    「「大い」   「「大い」   「「大い」   「「「大い」   「「「「「「「「「「」」」」」」   「「「「「」」」」   「「「「」」」   「「「」」」   「「「」」」   「「「」」」   「「「」」」   「「「」」」   「「」」   「」、   「」、   「」、	Number of	times per day for weaning and	
● 離乳食の後に母乳やシレクを飲ませます。 ● Only after your baby has eaten their baby food should you feed them breas milk or infant formula. ● 離乳食とは別に授乳のリズムに沿って、母乳は飲みたいだけ、シレクの場合は、1 日 2 回程度飲ませき す。 ■ Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day. ■ 歯(きでつぶせる間と (パナナぐらい) Should have the consistency of a banana. Your baby should be able to mash the food with their gums. ■ 離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおいしく調理しましょう。 As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.			• Your baby can now eat at the same time as the rest of your family.
● Only after your baby has eaten their baby food should you feed them breas milk or infant formula.  ● 離乳食とは別に授乳のリズムに沿って、母乳は飲みたいだけ、ミルクの場合は、1 日 2 回程度飲ませます。  ● Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.  ■さの目安  Hardness Guidelines  Bさの目安  Hardness Guidelines  Should have the consistency of a banana.  Your baby should be able to mash the food with their gums.  ■ 別の進行に応じて、砂糖、塩、しようゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおしし調理しましょう。  As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.    A			
milk or infant formula.  ●離乳食とは別に授乳のリズムに沿って、母乳は飲みたいだけ、ミルクの場合は、1 日 2 回程度飲ませきす。  ● Separately from baby food, allow breastfeeding along lactational rhythm In the case of milk, allow twice a day.    国さの目安			
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In the case of milk, allow twice a day.   歯ぐきでつぶせる固さ (パナナぐらい)   Should have the consistency of a banana.   Your baby should be able to mash the food with their gums.   離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおいしく調理しましょう。   As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.   全がゆ90g~軟飯80g   90 grams of thin rice porridge or 80 grams soft-cooked rice   野菜・果物   Vegetables and fruit   野菜・果物   30~40g   Vegetables and fruit 30-40 grams   海藻   路型の進行に応じて取り入れましょう   Seaweed   You can feed your baby seaweed depending on your baby's conditional parts   The control of the seaweed   You can feed your baby seaweed depending on your baby's conditional parts   The control of the seaweed   You can feed your baby seaweed depending on your baby's conditional parts   The control of the seaweed   You can feed your baby seaweed depending on your baby's conditional parts   The control of the seaweed   You can feed your baby seaweed depending on your baby's   You can feed your baby seaweed depending on your baby's   You can feed your baby seaweed depending on your baby's   You can feed your baby seaweed depending on your baby's   You can feed your baby seaweed   You can feed your baby seaweed depending on your baby's   You can feed your baby seaweed   You can			
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Bacolege   描ぐきでつぶせる固さ(パナナぐらい)   Should have the consistency of a banana.   Your baby should be able to mash the food with their gums.			
Your baby should be able to mash the food with their gums.    味付け	固さの目安		
Your baby should be able to mash the food with their gums.    株代け		Guidelines	
素材の味を生かしながら、うす味でおいしく調理しましょう。   As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.   全がゆ 90g~軟飯 80g   90g cmms of thin rice porridge or 80 grams soft-cooked rice   野菜・果物   Vegetables and fruit   野菜・果物   30~40g   Vegetables and fruit 30-40 grams   海藻   離乳の進行に応じて取り入れましょう   Seaweed   You can feed your baby seaweed depending on your baby's condition and weaning stage.   日本の   日本			
As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.    Amount per feed	味付け		離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、
or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.    全がゆ90g~軟飯80g   90 grams of thin rice porridge or 80 grams soft-cooked rice   野菜・果物   Vegetables and fruit   野菜・果物   30~40g   Vegetables and fruit 30-40 grams   海藻   離乳の進行に応じて取り入れましょう   Seaweed   You can feed your baby seaweed depending on your baby's condition and weaning stage.	Seasoning		
ingredients intact.  全がゆ 90 g ~軟飯 80 g  90 grams of thin rice porridge or 80 grams soft-cooked rice 野菜・果物 Vegetables and fruit 野菜・果物 30~40 g Vegetables and fruit 30-40 grams 海藻 踏乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.			
全がゆ90g~軟飯80g 90 grams of thin rice porridge or 80 grams soft-cooked rice 野菜・果物 Vegetables and fruit 野菜・果物 30~40g Vegetables and fruit 30-40 grams 海藻 Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.			
90 grams of thin rice porridge or 80 grams soft-cooked rice 野菜・果物 Vegetables and fruit 野菜・果物 30~40 g Vegetables and fruit 30-40 grams 海藻 離乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.	<b>&gt;</b> _		
新来・果物 Vegetables and fruit 野菜・果物 30~40g Vegetables and fruit 30-40 grams 海藻 離乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.	mo	<b>Example 2</b>	
海藻 Seaweed Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.	un 当 た 更	野菜·果物 Vegetables and fruit	
Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.  A D D D D D D D D D D D D D D D D D D	ს pe	毎蓮 Seaweed	海藻 離乳の進行に応じて取り入れましょう
Condition and weaning stage.   An in it is grams   An in it is	r fe	200.000	
A	edi 量	T	
Rack   内 15g   Meat 15 grams   豆腐 Tofu   豆腐 45g   Tofu 45 grams	ng	魚 Fish	
豆腐 Tofu 豆腐 45 g Tofu 45 grams		タ が Meat	9
		e か 豆腐 Tofu	豆腐 45 g Tofu 45 grams
野 Egg(boiled) 全卵 1/2 個 1/2 whole egg		¥ 1	55
乳製品 Dairy Products		で ・	乳製品 80g Dairy Products 80 grams
=7 = 7 (C)			ε <sup>ζεζ</sup> (() · · · · · )
油 Cooking Oil 油 少量 Cooking Oil Use only small amounts			
	歯の生え方の目安 Tackbing Davidson and		
<u> </u>	Teething Development		· ·
Movement of mouth	ロの動き Movement of mouth		
Able to crush with the guins.  食べさせ方  丸み (くぼみ) のある離乳食用のスプーンを下唇にのせ、上唇が閉じるのを待ちます。			
	Feeding method		Place a rounded baby food spoon on the lower lip and wait for the upper lip
Feeding method   Place a rounded baby food spoon on the lower lip and wait for the upper lip	recuing method		to close.

### 離乳完了期 生後 12~18 か月頃

### The weaning completion period (12-18 months after birth)

※この資料は、離乳のすすめ方の目安です。お子さんの食欲や成長・発達の状況に応じて、食事の量、固さ、大きさなどを調整しましょう。

This pamphlet is a guide to weaning recommendations. Adjust the amount, frequency, consistency, and size of food according to your child's appetite and growth and development.

E IFA			
月齢			離乳完了期(生後 12~18 か月頃)
Months 食べ方の目安			The weaning completion period (12-18 months after birth)  ●食事のリズムを大切に、1 日 3 回食に進めていきましょう。
Feeding guidelines			
recuing guide	iiics		• The baby should have 3 meals a day on a constant schedule.
			●食べ物から大部分の栄養をとるようになります。
	~		● The baby receives most of its nourishment from food.
	1	1	●手づかみ食べで、前歯でかみ取る練習をします。食べこぼしをしながら一口の量を覚えます。やがて食器やスプーン
Q (		b ~~	を使って自分で食べる準備を始めます。
			• The baby grabs food, and learn to take food with their front teeth. They learn how
		3	much to take in one mouthful while they spill food. Eventually they learn to eat
		9	more independently using spoons and other utensils.
			●手づかみ食べなどにより、自分で食べる楽しみを増やしましょう。
	1.b) 0.1 E	1.40m ( / / / / / / / / / / / / / / / / / /	● Increase the enjoyment of eating independently by allowing them to grab handfuls of food.  〈離乳食の回数〉 3 回 + 間食(1~2 回)
離乳食と母乳(ミ) Number of tin		ay for weaning and	(新邦良の四数) 3 四十回泉(1~2 回) <frequency feedings="" of=""> 3 times a day + a snack in between meals (1–2 a day)</frequency>
breastfeeding			Trequency of Feedings 2 times a day 1 a shack in between means (1-2 a day)
	()		+
			●母乳またはミルクは、一人ひとりの子どもの離乳の進行及び完了の状況に応じて飲ませます。
			● You can now regulate the amount of breast milk and infant formula milk depending
			on whether your baby eats ample baby food. If your baby eats sufficient baby food,
			then you can decrease the amount of breast milk and infant formula milk
固さの目安			歯ぐきでつぶせる固さ(肉だんごぐらい)
Hardness Gui	delines		Should have the consistency of a meatball Your baby should be able to chew it with their gums.
味付け			離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、
Seasoning			素材の味を生かしながら、うす味でおいしく調理しましょう。
g			As the weaning process progresses, if you use seasonings such as sugar, salt or soy
			sauce, use only light seasoning while keeping the flavors of the ingredients intact.
<b>&gt;</b> =	穀類		軟飯 90~ご飯 80 g
nou 当	Cereal		90 grams of soft-cooked rice or 80 grams of cooked rice
mt た	Amount p Cereal 野菜・果物 Vegetables and fruit		野菜·果物 40~50g Vegetables and fruit 40-50 grams
per	Vegetables and fruit		
の目安量 Der feeding	海藻	Seaweed	海藻 離乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's
l di 量			condition and weaning stage.
0 <u>r</u> 4	<b>≥</b> ()	魚 Fish	魚 15~20g Fish 15-20grams
	ny o	肉 Meat	肉 15~20 g Meat 15-20 grams
	One れか	豆腐 Tofu	豆腐 50~55 g Tofu 50-55 grams
	Any one of these	Figg(boiled)	全卵 1/2~2/3 個 Two of 1-3 minutes of all egg two minutes
		乳製品 Dairy Products	乳製品 100g Dairy Products 100 grams
	油(	Cooking Oil	油 少量 Cooking Oil Use only small amounts
歯の生え方の目安			1歳前後で前歯が8本程度生えそろいます。
Teething Development			Around eight front teeth have grown in at around 1 year old.
			離乳完了期の後半頃に奥歯が生え始めます。
			Back teeth begin to grow in the latter half of the weaning completion period.
口の動き			歯を使うようになります。形のある食べ物をかみつぶせるようになります。
Movement of mouth			Able to use teeth and bite down on shaped foods.
食べさせ方			丸み(くぼみ)のある離乳食用のスプーンを下唇にのせ、上唇が閉じるのを待ちます。
Feeding method			Place a rounded baby food spoon on the lower lip and wait for the upper lip to close.

### 離乳の進め方その他の注意点 How to proceed with weaning and other notes.

### 食品の種類 Types of foods

- ●野 菜 緑黄色野菜(にんじんやほうれん草など)も取り入れましょう。
- Vegetables Use as many dark vegetable (i.e. carrot, spinach, etc.) as possible.
- 魚介類 白身から赤身魚、青皮魚へとすすめていきましょう。
- Fish products You should first introduce white fish, then red fish and blue skin fish as weaning continues.
- ●肉 脂肪の少ない鶏肉から始め、その後は豚肉や牛肉も脂肪の少ない部位から使えます。
- Meat You can start with low-fat poultry and then use pork or beef from the lowest-fat portions as well.
- ●豆 豆腐から始め、離乳が進むにつれ、食べやすく調理した豆類を取り入れましょう。
- Beans You should introduce to fu first, than a variety of soft beans as weaning continues (from 7 months of age).
- ●卵 中心部までしっかり加熱した固ゆでの卵黄から始め、全卵にすすめましょう。
- Egg Start with hard-boiled egg yolks that have been thoroughly cooked through to the center, also recommended to cook through all eggs.
- ●乳製品 カッテージチーズなどの塩分、脂肪の少ないチーズや少量のプロセスチーズをおかゆやシチューにいれて加熱して食べさせましょう。プレーンヨーグルトも使えます。牛乳は加熱して料理に使用できますが、直接飲ませるのは 1 歳を過ぎてからにしましょう。
- Dairy products Heat and feed cottage cheese or other low-salt, low-fat cheese or a small amount of processed cheese in porridge or stew. Plain yogurt can also be used. Milk can be heated and used in cooking, but it should not be given directly to your child until after the age of 1 year.



### 食べさせてはいけないもの What you SHOULD NOT feed your baby

ハチミツ、ハチミツを使った料理やハチミツ入りの飲料・お菓子などの食べ物は、乳児ボツリヌス症予防のため1歳を過ぎるまでは食べさせてはいけません。

Foods such as honey, honey-based dishes and honey-containing beverages and sweets should not be fed until after the age of 1 year to prevent infant botulism.

### 食物アレルギー Food allergies

食物アレルギーの発症を心配して、離乳の開始や卵などの特定の食べ物の開始を遅らせても、食物アレルギーの予防効果はみられないことがわかりました。生後 5 ~ 6 か月頃から離乳食を始め、月齢に応じて適切な食品を食べさせましょう。

We have found that delaying the start of weaning or the start of certain foods, such as eggs, because of concerns about the onset of food allergies does not help prevent food allergies.

Start weaning from around 5-6 months of age and feed your child the appropriate foods for his or her age.

食物アレルギーが疑われる、またはすでに発症している子どもの場合は、自己判断で対応せず医師の指示を受けましょう。

If a food allergy is suspected or already present in a child, do not handle it on your own, and seek medical advice from a doctor.

#### ビタミンD不足の予防 Preventing vitamin D deficiency

完全母乳栄養の赤ちゃんが、日光に当たる機会が少ない場合に、ビタミンD不足から「くる病」になることがあります。ビタミンDはカルシウムの吸収を促し、骨の形成に重要です。不足しないよう魚や卵などを月齢にあわせて離乳食に取り入れましょう。また、ビタミンDは日光を浴びることで皮膚でも合成されます。

Babies who are entirely breastfed can develop rickets from vitamin D deficiency when they have little exposure to sunlight. Vitamin D promotes the absorption of calcium and is important for bone formation. To avoid deficiencies, include fish and eggs in your baby's diet, depending on the age of your baby. Vitamin D can also be synthesized in the skin through exposure to sunlight.

#### 鉄不足の予防 Preventing iron deprivation

完全母乳栄養の赤ちゃんは、鉄が不足しやすいので、月齢にあわせて、赤身の魚や肉、少量のレバー、ほうれん草などの色の濃い葉物野菜を利用したり、調理用に使用する牛乳・乳製品のかわりに育児用ミルクを使用するなど工夫しましょう。

Babies who are entirely breastfed are prone to iron deficiencies, so depending on their age, use lean fish and meat, small amounts of liver, and darker colored leafy vegetables such as spinach, or use nursery formula instead of milk and dairy products for cooking

#### Follow-up milk formula フォローアップミルク

フォローアップミルクは、母乳または育児用ミルクの代わりではないため、離乳が順調に進んでいる場合には母乳または育児用ミルクを継続してかまいません。離乳が順 調に進まず、鉄不足のリスクが高い場合など、医師等に相談した上で、必要に応じて使用しましょう。

Follow-up formula is not a substitute for breast or nursery formula and can be continued if your baby is making good progress.

Consult with your child's doctor and use as needed, for example if weaning is not going well and there is a high risk of iron deficiency.

#### ベービーフード Baby food

離乳の進行状況に応じて適切に利用することができます。

You may feed your baby commercial baby food appropriate for your baby's stage of weaning. Please observe the following:

- ●月齢や固さにあったものを選び、子どもに食べさせる前には一口食べてみて確認をしましょう。
- You should choose foods appropriate to your baby's age and chewing ability, and taste it yourself before giving it to your baby.
- ◆大きさ、固さ、とろみ、味付け等が、離乳食を手作りする際の参考になります。
- Referencing the size, firmness, thickness, seasoning, etc. will help you to make your own baby food.
- ●外出や旅行、時間のない時、一品増やす、メニューに変化をつけるときなど用途にあわせて上手に利用しましょう。
- Use it to your advantage when you go out or travel, when you're short on time, when you want to add one more dish to your menu, or when you want to change things up.
- ●2回食にすすんだら、品名や原材料を確認して「主食」「副菜」「主菜」を組み合わせるように工夫しましょう。
- When you move on to two meals, check the names of the items and ingredients and try to combine "staples", "sides" and "main dishes".
- ●開封後の保存には注意!食べ残しや作り置きは食べさせないようにしましょう。
- Be careful about proper preservation of leftovers! It is best not to feed your baby foods which have been cooked several days before.

#### 食中毒の予防 The prevention of food poisoning

- ●離乳食は、食材の加熱後につぶす、きざむ等の工程も多いため、作る前や食事の前には、しっかり手を洗いましょう。
- Wash your hands thoroughly before cooking and eating, as there is a lot of mashing and chopping involved in the process of cooking baby food.
- ●土付き野菜はしっかり水洗いしてから使いましょう。
- Vegetables with soil should be washed thoroughly before using them.
- ●調理器具や食器はていねいに洗い、清潔に保ちましょう。
- Wash your cooking utensils and dishes carefully and keep them clean.
- ●離乳食の魚、肉、卵だけでなく、豆腐なども中までしっかり加熱しましょう。
- Fish, meat and eggs, as well as tofu, used for weaning should be cooked thoroughly inside.
- ●作ったらなるべく早く与え、食べ残しは食べさせないようにしましょう。
- Serve food as soon as possible after you make them and don't let them eat any leftovers.











