A USER GUIDE TO COMPLEMENTARY FEEDING & SAMPLE RECIPES FOR CHILDREN AGED 6 - 24 MONTHS
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Introduction

Purpose of this Book

The first bite of food marks a new phase for the child where he/she is exposed to new tastes, textures and smells. It is also the beginning of a crucial complementary feeding period and lays the foundation for growth and development of the child. So, it is essential that parents and/or caregivers are provided with well-informed and proper guidance on infants and toddler nutrition and feeding methods.

This book is developed as a supporting document for nutrition messages of Food Based Dietary Guideline (FBDG) for children 6 months to 2 years. It will also act as a supplemental material to the existing Infant and Young Child Feeding (IYCF) IEC materials for this age group.

Components of this Book

This book contains messages of how to introduce complementary foods starting from a single ingredient to one with a wide variety of foods, quantity and consistency/texture, how to mix different four groups using available foods and how recipes can be interchanged according to convenience as well as availability and at the same time also provide the nutrients needed by the child.

Users of this Book

This book is for health professionals and volunteers for used in health education and counselling sessions to mothers and caregivers who feed small children.
Complementary feeding

What is complementary feeding?

Complementary feeding is the introduction of other foods and liquids when breastmilk alone is no longer sufficient to support the nutritional requirements for the infant. These other foods are called complementary foods.

The age range for complementary feeding is 6 to 24 months.

Before introducing complementary foods, parents or caregivers must understand that continued breastfeeding remains essential food group throughout the entire complementary feeding period through to two years of age to complement the child’s nutrient intake. So, breastfeeding should not be dramatically reduced at this stage.
4-Star diet and 4 food groups

- A 4-Star diet has been proposed for infants and young child feeding in Myanmar where four food groups each is represented by a star.

Feed your child 4-star meals with different fruit snacks every day to make them grow strong, healthy and smart!
Beansprouts
Chickpea
Hyacinth Bean
Tofu
Kidney Beans
Yellow Lentils
Pigeon Pea
Bean Curd
Cowpea
Mung Bean
basic energy

- White Rice
- Brown Rice
- White Bread
- Sweet Potato
- Potato
- Corn
- Taro
- Noodles
- Brown Bread
animal products

Chicken
Pork
Chicken Liver
Milk
Fish
Beef
Small Fish
Soy Milk
Shrimp
Quail Egg
Egg (Hen, Duck)
Complementary feeding guide and sample recipes for 6 months

From 6 months, breastmilk is no longer enough to support the child’s growth and development.

Developmental milestones that indicate ready for foods
• Holds head up
• Sits with support
• Can swallow

Introduce complementary foods
• Give your child enriched pureed foods and introduce new food one at a time
• Food must be well cooked and prepared to be a thin watery puree
• Water or breastmilk can be added to make food watery
• Start to give 2-3 tablespoon 2-3 times per day and gradually increase the amount
• Continue breastfeeding at least 8 times per day and according to demand
In starting complementary feeding, start with a single ingredient food and add new foods one at a time to achieve different varieties that includes all 4-star food groups.

Add a new food (e.g., pumpkin) to rice and mixed as thin watery puree. Feed the child this combination for about 3 days and look out for allergic reactions. Note! Cook the rice first. Do this until the child is introduced to a wide variety of four-star foods.
Different fruits can be introduced into the mixed meal or as stand-alone snacks in between meals!
Complementary feeding guide and sample recipes for 7-9 months

Developmental milestones that indicate ready for foods

- Independent sitter
- Teething starts
- Hold bottle
- Can feed from cup and hold foods with finger

Complementary feeding

- Food must be well cooked and prepared to be thick puree/mashed
- Water or breastmilk can be added to make food watery
- Make sure to include all 4-star foods
- Gradually increase from 2-3 tablespoon up to half bowl (120ml) give 2-3 times a day
- Continue breastfeeding at least 8 times per day and according to demand
Sample Recipe for 7-9 months old

RICE, CABBAGE, CORN, RED LENTIL

EXAMPLE OF HEALTHY SNACKS

MANGO
Complementary feeding guide and sample recipes for 9-12 months

Developmental milestones that indicate ready for foods
- Crawler
- Fine motor skills
- Can hold bottle well. Can hold cup but may spill
- Picks up foods in fingers and palms

Complementary feeding
- Food must be well cooked, finely chopped or mashed foods and foods that baby can pick up (finger foods).
- Water or breastmilk can be added to food
- Make sure to include all 4-star foods
- Gradual increase amount from half bowl (120ml) to full bowl (250ml), give 3-4 times a day
- Can give healthy snacks (e.g., fruits) 1-2 times per day
- Continue breastfeeding at least 8 times per day and according to demand
Sample Recipe for 9-12 months old

Examples of finger foods for children prepare finger foods so the child can pick up and improve their fine motor skills.

- Mango
- Apple
- Banana
- Watermelon
- Avocado
- Dragonfruit

Rice, Beef, Spinach, Potato, Lentil
Complementary feeding guide and sample recipes for 12-24 months

Developmental milestones that indicate ready for foods
- Begins to walk, independent toddler
- Fine motor skills improve
- Can hold bottle well and cup may spill
- Picks up foods in fingers or palms
- Put foods in mouth by self

Complementary feeding
- Feed family food. Foods must be well cooked, finely chopped or mashed (if necessary).
- Make sure to include all 4-star foods
- Amount - full bowl (250ml), give 3-4 times a day
- Can give healthy snacks (e.g., fruits) 1-2 times per day
- Continue breastfeeding according to demand
Sample Recipe for 12-24 months old

RICE, FRIED VEGETABLES, PORK & YELLOW LENTIL SOUP

MORNING
1 BOWL

MIDDAY
1 BOWL

EVENING
1 BOWL

Different fruits can be prepared as finger foods and given as healthy snacks!