

Your recommended FIRST FOODS menu plan



Baby's menu planner A mom's guide to feeding baby

6
Months

Growing so quickly
and becoming more
playful and alert
every day.

Growing Up Milestones

- Starts to be interested in food
- Begins to sit with support
- Recognizes faces
- May push up from belly
- Plays with feet
- Starts to smile



Click on menu item to view its recipe

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Lunch	50g Cerelac Rice & Soya	50g Cerelac Wheat Banana & Milk	50g Cerelac Mixed Vegetables & Soya	50g Cerelac Mixed Fruits & Soya	50g Cerelac Rice & Soya	50g Cerelac Wheat Banana & Milk	50g Cerelac Mixed Vegetables & Soya
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Dinner	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge
Bedtime	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk

Recipes

Visit www.parenteam.com.ph
& find these Recipes and more.

These menus were developed by a registered dietitian. The recommended foods and portion amounts provided are a guide - always listen to your baby's hunger and fullness cues and let her decide how much to eat. Use your baby's developmental cues to determine her readiness before introducing a new food.

© Nestlé CERELAC® is a complementary food intended for spoon-feeding from 6 months.

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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Lunch	5 tbsp Cerelac Rice & Soya with Blended Veggies	5 tbsp Cerelac Wheat Banana & Milk with Carrot Squash	5 tbsp Cerelac Mixed Vegetables & Soya with Broccoli Bits	5 tbsp Cerelac Rice & Soya with Carrots and Spinach	5 tbsp Cerelac Rice & Soya with Broccoli and Squash	5 tbsp Cerelac Wheat Banana & Milk with Carrot Squash	5 tbsp Cerelac Mixed Vegetables & Soya with Broccoli Bits
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Dinner	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge	160ml Baby's usual milk or 20g Simple porridge
Bedtime	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk

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Your ingredients list



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☐ Carrots & Spinach

5 tbsp Cerelac Rice & Soya
200g Water
1/2 medium Carrot, grated
10g Spinach, finely chopped

☐ Carrot Squash

5 tbsp Cerelac Wheat Banana & Milk
2/3 cup Distilled Water
1/2 Carrot
2 small slices of Squash

☐ Broccoli Bits

5 tbsp Cerelac Mixed Vegetables & Soya
1 bundle of Broccoli
2/3 cup Distilled Water

☐ Blended Veggies

5 tbsp Cerelac Rice & Soya
2 cups of Purified Water
1/2 tsp of Salt
1/2 cup Squash, chopped
1/2 cup Sayote, chopped
1 pc Egg, beaten
1/2 cup Carrots, chopped
1/2 cup Potatoes, chopped

☐ Broccoli & Squash

5 tbsp Cerelac Rice & Soya
1-2 slices of Squash
1/2 Broccoli
2/3 cup Distilled Water



Remember - each of these recipes is available online at <http://www.parenteam.com.ph>. To search our recipes, visit our Recipe section.





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CERELAC® helpful hints and tips for feeding your baby during this developmental stage

- At 6 months, give CERELAC® infant cereals once a day to start your baby's first step into the world of delicious and nutritious eats!
- At the first week, you may introduce different varieties of CERELAC® infant cereals once a day to allow your baby explore new tastes.
- At the second week, you can mix CERELAC® infant cereals with vegetables once a day to have a healthy and fun feeding experience.
- In feeding CERELAC® to your baby, give 1-2 teaspoons for the first week and gradually increase to 1-3 teaspoons by the second week to start building their appetite.

IMPORTANT INFORMATION

The Department of Health recommends solid foods be introduced at around 6 months of age.® Nestlé CERELAC® is a complementary food intended for spoon-feeding from 6 months and is NOT to be used as a breast milk substitute. Please follow the preparation instructions and be mindful not to overfeed your baby.

