

# Your recommended menu plan



## Baby's menu planner

A mom's guide to feeding baby

**7**  
**Months**

A little smiler and tasting everything he can get his hands on.

### Growing Up Milestones

- May sit in high chair
- Begins to pick up and hold objects
- Puts everything in his mouth
- Turns his head towards sounds
- Can drink from sippy cup with help
- Exchanges smiles
- Starts babbling
- Begins to chew
- Starts to show food likes and dislikes



Click on menu item to view its recipe

|           | Day 1   | Day 2   | Day 3   | Day 4   | Day 5   | Day 6   | Day 7  |
|-----------|---|---|---|---|---|---|--|
| Breakfast | <a href="#">5 tbsp Cerelac Rice &amp; Soya with Avocado and Egg Puree</a> | <a href="#">¼ cup Cerelac Wheat Banana &amp; Milk Hotcake</a> | <a href="#">5 tbsp Cerelac Mixed Vegetables &amp; Soya with Apple and Malunggay</a> | <a href="#">5 tbsp Cerelac Mixed Fruits &amp; Soya with Banana Carrot and Egg</a> | <a href="#">5 tbsp Cerelac Rice &amp; Soya with Carrot and Egg Porridge</a> | <a href="#">8 tbsp Cerelac Mixed Vegetables &amp; Soya with Potato Congee</a> | <a href="#">5 tbsp Cerelac Rice &amp; Soya with Cerelac Omelette</a> |
| Snack     | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk                                    | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk   |
| Lunch     | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge   |
| Snack     | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk                                    | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk   |
| Dinner    | 30g<br>Mashed sweet potato (kamote)                                       | 30g<br>Mashed carrot & spinach                                | 30g<br>Mashed banana & avocado  | 30g<br>Steamed mashed tofu with malunggay   | 30g<br>Mashed broccoli & spinach  | 30g<br>Mashed sweet potato (kamote)   | 30g<br>Mashed mango & strawberry                                     |
| Bedtime   | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk                                    | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk   |

### Recipes

Visit [www.parenteam.com.ph](http://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 | <a href="#">5 tbsp Cerelac Rice &amp; Soya with Cerelac Omelette</a> | <a href="#">5 tbsp Cerelac Mixed Vegetables &amp; Soya with Apple and Malunggay</a> | <a href="#">5 tbsp Cerelac Rice &amp; Soya with Avocado and Egg Puree</a> | <a href="#">5 tbsp Cerelac Fruits &amp; Soya with Apple Mango and Carrots</a> | <a href="#">8 tbsp Cerelac Mixed Vegetables &amp; Soya with Potato Congee</a> | <a href="#">¼ cup Cerelac Wheat Banana &amp; Milk Hotcake</a> | <a href="#">5 tbsp Cerelac Rice &amp; Soya with Carrot and Egg Porridge</a> |
| Snack     | 200ml<br>Baby's usual milk   | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk                                    | 200ml<br>Baby's usual milk  |
| Lunch     | 30g<br>Simple porridge   | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  | 30g<br>Simple porridge  |
| Snack     | 200ml<br>Baby's usual milk   | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk  | 200ml<br>Baby's usual milk                                    | 200ml<br>Baby's usual milk  |
| Dinner    | 30g<br>Mashed broccoli with spinach                                  | 30g<br>Mashed sweet potato (kamote)   | 30g<br>Mashed squash (kalabasa) with malunggay                            | 30g<br>Mashed mango & banana  | 30g<br>Mashed strawberry & avocado  | 30g<br>Mashed sweet potato (kamote)                           | 30g<br>Steamed mashed tofu with spinach                                     |
| Bedtime   | 150ml<br>Baby's usual milk   | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk  | 150ml<br>Baby's usual milk                                    | 150ml<br>Baby's usual milk  |

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# Your ingredients list



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### ☐ Avocado and Egg Puree

5 tbsp Cerelac Rice & Soya  
1 ripe Avocado  
1 Egg  
2/3 cup of Lukewarm Water

### ☐ Cerelac Omelette

5 tbsp of Cerelac Rice & Soya  
1 pc Egg Yolk  
1 pc small Carrot  
1 cup Malunggay Leaves  
2/3 cup Water

### ☐ Banana Carrot and Egg

5 tbsp Cerelac Mixed Fruits & Soya  
1 pc Egg  
1 pc Carrot  
1 pc Banana  
2/3 cup Distilled Water

### ☐ Carrot and Egg Porridge

5 tbsp Cerelac Rice & Soya  
2/3 cup of Am/Boiled Rice Water  
1/2 of small Hard-Boiled Egg  
1/2 of small Carrot

### ☐ Cerelac Hotcake

1/4 cup Cerelac Wheat Banana & Milk  
1 medium-sized Egg  
2 tbsp Canola Oil  
1/2 cup Milk  
1/8 cup Water  
200g Hotcake Mix

### ☐ Apple Mango and Carrots

5 tbsp Cerelac Mixed Fruits & Soya  
2/3 cup Distilled Water  
1 small Carrot  
1 small Apple  
1 small yellow Mango, set aside

### ☐ Potato Congee

8 tbsp Cerelac Mixed Vegetables & Soya  
1 Hard-Boiled Egg, sliced  
2 tsp Butter  
1 tsp Garlic  
1 inch slice of Ginger  
1 inch slice of Onion  
1 stalk of chopped Green Onion  
1 pc Carrot, sliced into strips  
1 small Potato, sliced into pieces  
2/4 cup Water  
Salt and Pepper to taste

### ☐ Apple and Malunggay

5 tbsp Cerelac Mixed Vegetables & Soya  
2/3 cup Distilled Water  
1/2 slice of Apple (small)  
1 tsp Malunggay Leaves



**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 7 months, give CERELAC® once a day as a starting breakfast meal for your baby.
- In preparing your baby's healthy breakfast daily, mix CERELAC® infant cereals with fruits or vegetables to have a variety of taste and texture.
- In feeding CERELAC® meals to your baby, give 1-2 teaspoons for the first week and gradually increase to 2-3 teaspoons by the second week to meet your baby's growing 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.

