

Your recommended TEXTURE TRANSITION meal planner



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

8+
Months

A curious, confident explorer and getting stronger every day.

Growing Up Milestones

- Might start crawling
- Will pull himself up
- First teeth begin to appear
- May start to feed himself
- Knows his name
- Starts saying Dada and Mama
- Shows you if happy or scared



Click on menu item to view its recipe

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Lunch	40g Mashed broccoli with parmesan	40g Minced chicken with spinach	40g Mashed mango and banana	40g Shredded fish fillet and carrots	40g Steamed tofu with mialunggay	40g Mashed sweet potato and carrot	40g Mashed strawberry and apple
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Dinner	5 tbsp Cerelac Mixed Vegetables & Soya in Carrot Squash with Malunggay	50g Cerelac Homestyle Meals Rice and Veggies Porridge	5 tbsp Cerelac Mixed Vegetables & Soya in Alugbati with Kabasustansya	50g Cerelac Homestyle Meals Rice and Chicken Porridge	5 tbsp Cerelac Mixed Vegetables & Soya in Bulilit's Pakbet	50g Cerelac Homestyle Meals Rice and Veggies Porridge	5 tbsp Cerelac Rice & Soya in Blended Veggies
Bedtime	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml 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	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge	40g Simple porridge
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Lunch	40g Minced shrimp with scrambled egg	40g Mashed avocado & pear	40g Mashed sweet potato with carrots	40g Minced chicken with spinach	40g Steamed tofu with malunggay	40g Mashed squash with parmesan cheese	40g Mashed ripe mango & banana
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Dinner	5 tbsp Cerelac Mixed Vegetables & Soya in Blended Chicken n' Cabbage	50g Cerelac Homestyle Meals Rice and Chicken Porridge	5 tbsp Cerelac Rice & Soya with Carrots and Cabbage	50g Cerelac Homestyle Meals Rice and Veggies Porridge	5 tbsp Cerelac Wheat Banana & Milk in Carrot Squash	50g Cerelac Homestyle Meals Rice and Chicken Porridge	5 tbsp Cerelac Mixed Vegetables & Soya in Alugbati with Kabasutansya
Bedtime	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk

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Your ingredients list



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☐ Blended Veggies

5 tbsp Cerelac Rice & Soya
2 cups of Purified Water
1/2 tsp 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

☐ Alugbati with Kabasustansya

5 tbsp Cerelac Mixed Vegetables & Soya
2/3 cup Distilled Water
3/4 Kalabasa
1 clove Garlic
1 Onion
1 stem Alugbati

☐ Bulilit's Pakbet

5 tbsp Cerelac Mixed Vegetables & Soya
2/3 cup Distilled Water
1/4 cup Veggies for Pakbet

☐ Carrot Squash with Malunggay

5 tbsp Cerelac Mixed Vegetables & Soya
1 pc Carrot
2/3 cup Distilled Water
1/4 of small Squash
1 Pork (matchbox size)
1 stem of Malunggay Leaves

☐ Carrot Squash

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

☐ Carrots & Cabbage

5 tbsp Cerelac Rice & Soya
2 Carrots
A small piece of Cabbage
2/3 cup Distilled Water

☐ Blended Chicken n' Cabbage

5 tbsp Cerelac Mixed Vegetables & Soya
1/2 Cabbage
1/2 Onion
3 cloves of Garlic
1 Chicken (breast part)
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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A mom's guide to feeding baby

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

- At 8 months, you may give CERELAC® Homestyle Meals every other day at dinner time. It is high in iron and has 20 vitamins and minerals to support your baby's growth and development.
- At 9 months, you may start giving CERELAC® Nutripuffs as a nutritious snack for your baby.
- Aside from CERELAC® Homestyle Meals, you may also mix other CERELAC® infant cereals with vegetables to have a nutritious and flavorful meal for your baby.
- Remember to give CERELAC® only once a day for your baby.
- In feeding CERELAC® meals to your baby, give 2-4 teaspoons for the first week and gradually increase to 3-5 teaspoons by the second week to support 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.

