



**THE LITTLE  
SUN**

Nutrition today, health tomorrow

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## Complementary Feeding Booklet

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2013



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## The importance of nutrition in the 1,000 golden days

1,000 golden days begin when you become pregnant and last until your baby is 2 years old.

Children who are not properly nourished during this 1,000 golden day period miss the opportunity to reach their full physical and cognitive growth potential, are more susceptible to rapid weight gain, which raises the risk of complications resulting from obesity. They also face a higher risk of chronic disease as adults.



### Research has proved that:

1. Children well nourished in the first two years have higher IQ scores, perform better at school, and earn higher wages as adults.
2. Proper nourishment boosts the child's immune system and promotes optimal growth and development in the future.
3. Well-nourished children are 10 times more likely to overcome the most life threatening childhood diseases, such as diarrhea and pneumonia, than poorly nourished children.
4. Optimally breastfed infants have 6 times greater chance for survival.
5. Proper nutrition can prevent 1 in 5 deaths of children under 5 years old.



*The first thousand golden days of life with your baby are a wondrous time. Investment in your child's nutrition during this period is the best investment you can make to ensure that your child grows healthy, intelligent, and happy!*



**During the 1,000 golden days,  
there are 3 windows of opportunity**

Conception through  
pregnancy



280 days

0-6 months:  
Exclusive breastfeeding



180 days

6-24 months: Complementary  
feeding and continued  
breastfeeding

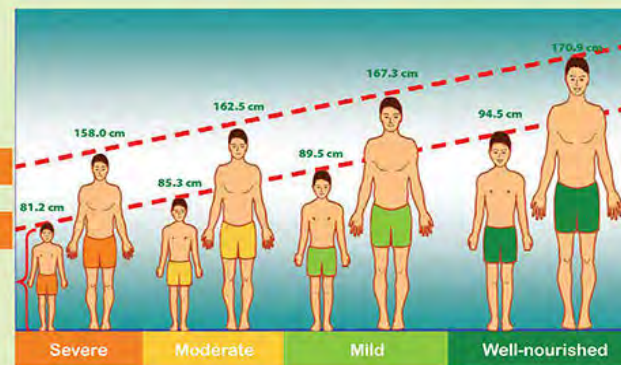


540 days

1,000 days

1. During pregnancy, a woman needs care and good nutrition. In the last trimester of pregnancy, she needs to be provided knowledge and skills on breastfeeding.
2. From birth to six months (180 days), a mother needs support to skin-to-skin contact as soon as her baby is born, practice initiation of breastfeeding immediately after birth, and exclusive breastfeeds (no water, no formula, no food) for the first 6 months.
3. When the child is 6 up to 24 months of age, a mother should give good quality and age-appropriate and nutritious food.

**Research shows that a child's height at 2-3 years of age is highly related to his/her height as an adult. Therefore, someone who is stunted as a child will be a short adult while someone who is well nourished as a child will be a tall adult!**



Source:  
Guatemala, INCAP  
Orient study (2007)

To ensure that all children become tall, healthy, and intelligent adults in the future, we need to focus on nutrition during the first 1,000 days. What should you do during those days? During each of the 3 windows of opportunity, you need to follow these recommendations:

**Window 1: Pregnancy**

Proper nutrition during pregnancy is critical to your health and the health of your child.

- Eat one additional meal per day
- Take iron and folic acid as a daily supplement
- Eat iron-rich foods such as red meat, fish, eggs, whole grain cereals, and green leafy vegetables to prevent anemia
- Eat more fruits and beans to increase fiber intake
- Drink water regularly

**Window 2: From birth to 6 months**

Within 1 hour after birth

As soon as your baby is born, ensure that the baby is put to your breast immediately (breastfeed within one hour). It is important to start breastfeeding your baby within this first hour so that s/he gets colostrum—also known as the “first milk.” Colostrum is like your child’s first vaccine and is rich in vitamin A, antibodies, and other protective factors.

- Breastfeeding during the first hour after birth accompanied by skin-to-skin contact between you and your baby stabilizes the baby’s temperature, respiratory rate, and blood sugar level and enhances the bond between you and your child.
- Your baby does not need anything else besides breastmilk in the first hour—Do not give your baby water, formula, sugar water, and honey, which may cause diarrhea and put your child at risk.
- Even if you have a cesarean section, you can start to breastfeed with help from your family members and midwives.
- When your baby is born, the stomach is very small (capacity of 5-7 ml only). The baby needs very little colostrum/breastmilk during each feed during the first 3 days after birth.

### 1 hour of birth to 6 months old

- From birth to 6 months old (180 days), babies should only receive breastmilk. No other food, formula, or liquids –not even water–is required. Breastmilk contains enough water and nutrients to satisfy the baby's needs in the first 6 months for protein, fats, vitamins and minerals. Breastmilk also contains antibodies (special substances or protective factors) that prevent your child from becoming sick.
- You do not need to feed your baby water, even when the weather is hot because breastmilk contains enough water to keep your baby hydrated. Giving your baby water or other fluids reduces breastmilk intake, interferes with the full absorption of nutrients in breastmilk, and increases the risk of illness from contaminated water and feeding bottles. The more your baby is breastfed; the more breastmilk is produced.
- Amazingly, by breastfeeding exclusively, you will not only boost your baby's immune system and provide all the essential nutrients needed to support growth, but also reduce the risk of breast and ovarian cancer for yourself.
- Finally, breastmilk also contains DHA/ARA and essential hormones that help with your baby's cognitive development and maturation of digestive system.

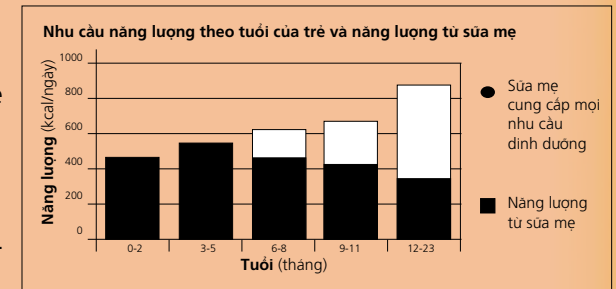


## Importance of complementary feeding

**Complementary feeding means giving a child semi-solid and/or solid foods in addition to breastmilk to provide additional nutrients needed by the child. The right time to start giving complementary feeding is at 6 months of age (180 days) – NOT EARLIER. NOT LATER.**

In the first 6 months (180 days), breastmilk provides 100% of the nutrients that your child needs. Therefore, breastmilk is the only food and drink that a child needs in the first 6 months (180 days) of life.

Although breastmilk continues to provide more than half (60%) of a baby's energy needs, there is a nutrient gap that needs to be filled by solid and semi-solid foods.





### Window 3: 6 up to 24 months old

- Starting from 6 months of age (180 days)–no earlier and no later–breastmilk is no longer sufficient to meet all the nutritional requirements of your baby. While continuing to breastfeed, you should introduce semi-solid/solid foods into your baby's daily diet.
- From 6 to 8 months, your baby can be fed solid/semi-solid foods two to three times a day, increasing frequency and portions as the child gets older.
- As you begin to introduce solid/semi-solid foods from 6 months onwards, remember that breastmilk continues to provide between 40% to 60% of good quality nutrition (energy) for your baby between the ages of 6 up to 24 months. Therefore, you should continue to breastfeed for as long as possible—at least up to when the baby is 24 months old.
- As the baby grows, she or he will need nutrients from a variety of foods, especially animal-source such as eggs, meat, liver, and fish as well as fruits and vegetables.
- It is important to practice handwashing with soap before preparing food or feeding your baby to protect the baby's health and the safety of the food.



**When your baby is six months old (180 days), it is time to introduce complementary foods to your baby. Introducing complementary foods too early (before 180 days) or too late (after 180 days) is not good for the child for the following reasons:**

-  **Too early:** The digestive system of a child under 6 months is immature and is designed to digest breastmilk only. Introducing complementary foods before 6 months may make the child breastfeed less, which will be a waste of the best source of nutrients and antibodies (special substances or protective factors) for your child and may also reduce breastmilk production. Finally it may increase the risk of diarrhea and other illnesses as the child's digestive system is still weak and not fully developed.
-  **Too late:** Breastmilk no longer provides all the nutrients your child needs for growth and development. This may slow your child's growth and increase the risk of nutrient deficiencies and malnutrition. From 12 to 24 months, breastmilk continues to provide about one third (30-40%) of a child's energy needs. It is recommended that you continue to breastfeed your child to 24 months or beyond. In addition, breastmilk continues to provide protective factors to prevent the child from a variety of illnesses. Breastfeeding also creates a bond between a mother and a child that helps the child to develop his physical and mental health in an optimal manner.





## How to introduce complementary foods

**After 6 months of age (180 days).** When complementary foods are introduced, a child's digestive system needs time to get accustomed to the foods. The child needs to learn how to chew and swallow the foods; therefore, you should start with 2 to 3 small spoonfuls of the food twice a day. The period of introducing new foods should be over a few days (not longer than a week). Following this introductory period, you should gradually increase the amount of food according to the age of your child as well as the consistency of the food.

The following recommendations from the National Institute of Nutrition can be used to help you know how much to feed your child at each age.

Age	Recommendation			
	Texture	Frequency	Amount	Variety
0 to 6 months	Exclusive breastfeeding	Breastfeeding*	According to the child's needs	Refer to recipes on pages 22
6 to 9 months	Semi-solid foods with increased consistency, mashed food	2-3 meals + 1-2 snacks if needed + breastfeeding*	2-3 tbsp to introduce foods. Increase to 1/2 of a 250 ml-sized bowl	
9 to 12 months	Porridge and chopped or mashed food or food that the child can pick up  <b>Tip: The foods can be cooked in small and medium pieces</b> that your baby can hold and eat without help. This will develop the chewing reflex	3-4 meals + 1-2 snacks if needed + breastfeeding*	1/2 to 3/4 of a 250 ml-sized bowl	
12 to 24 months	Porridge/rice and family food, mashed or chopped if necessary. The foods should be smaller in size or softer than foods eaten by adults to suit your baby's chewing ability. Give your baby small pieces of food but avoid foods that may cause choking	3-4 meals + 1-2 snacks if needed + breastfeeding*  *on demand	3/4 to one 250 ml-sized bowl	

**Note:** If a child is breastfed, it is not necessary to give any formula milk. A child given complementary foods should continue to be breastfed until 24 months of age or beyond.

**Meals:** Include semi-solid food, porridge, rice, etc. that is appropriate for the child's demand and age.

**Snacks:** Include fruits, yoghurt, biscuits, eggs, etc. (accounting for 5-10% of daily energy).



## Different food groups for complementary feeding



**Foods rich in starch (foods to help baby have energy):** This group includes foods that provide calories for your child, mostly cereals. In our country, rice, corn, or sweet potato is often made into powder for children. Other starchy foods include rice vermicelli, cassava vermicelli, and rice noodles.

**Foods rich in protein (foods to help baby grow):** Babies 6-24 months old should be fed animal-source foods such as meat, eggs, fish, and poultry each day.

**Animal-source foods (foods to provide protein and energy to build resistance and help baby grow):** Animal-source foods include eggs, meat, shrimp, crabs, eels, and milk. Meat, such as pork, beef, and chicken—both lean and fat meat—should be given.



**Beans, pulses, and legumes:** include all kinds of pulses such as black beans, green beans, soy beans. Soy beans are richest in protein and lipids. When these foods are mixed with cereals, they become as nutrient-rich as animal-source foods but are cheaper.

### ☀ Foods rich in energy/ fats (foods to help baby have energy):

These foods include small amounts of oil, butter, fat, etc. Oil and fat provide energy for your child, and also make foods softer, tastier, and easier to swallow. In addition to animal fat, your child should be given peanut, sesame, or soya oil. Feeding a child fat and oils helps with the absorption of vitamins A, E, D, K, etc. Fat and oil also make the food more energy dense. It is important not to add too much fat or oil to your child's diet because your child may become full before eating other nutritious foods.



### ☀ Foods rich in vitamins, minerals, and fiber (foods to help protect baby):

**Green vegetables and ripe fruits are sources of an abundant supply of** vitamins and minerals. They are very good foods that help the child grow well.

**Dark green leaves** such as "rau ngot", "rau muong", "rau den", "mong toi", "rau cai", etc. are all rich in vitamin C and micronutrients like beta-carotene (pre-vitamin A) and iron, preventing a child from dry eyes and anemia.

**Yellow and orange fruits:** papaya, mango, banana, orange, mandarin, sapodilla, etc. are also rich in micronutrients that are not lost because no cooking is needed. Vegetables and fruits contain a lot of fiber that help the child to digest foods well.



**Organ meats** such as liver contain a lot of iron which is good for brain development.

**Other iron-rich foods** are egg yolk and red meats.



## How to prepare complementary foods

**A. Processing foods before cooking:** Use fresh, clean foods that are available locally to prepare foods for your child. Prepare these foods as follows and wash with clean water before cooking.

- **Meat and fish:** wash carefully, remove unused parts/ bones, then chop/mince/grind the meat or fish and add some water.
- **Chicken/ duck eggs:** remove the whites when preparing foods for children under 12 months.
- **Shrimp:** remove the shells of the shrimp and the dirty black lines on the back of the shrimp, then mince the shrimp. Grind the shells and filter them to get some liquid if necessary.
- **Legumes and mung beans:** grind into flour.
- **Crab:** carefully wash mud crab, grind, add some water, and stir it.
- **Vegetables (preferably green leafy vegetables):** select vegetables, wash carefully, then grind/chop fine/mince.
- If preparing **semi-solid soup**, measure the correct amount of flour to thicken the soup.
- If preparing **rice porridge**, mothers can prepare enough for several feedings, adding water if necessary.



### B. Cooking process:

When preparing semi-solid food or porridge for the child, remember to follow the steps below:

- ☀ **Step 1:** Add the flour and water, then stir slightly until the soup becomes thick. Cover the pot and cook over a small flame.
- ☀ **Step 2:** Add ground/minced meat/fish/shrimp and stir carefully.
- When adding egg to the soup or porridge, take the pot off the flame and wait for the soup to cool down a bit, then add egg yolk and stir thoroughly to prevent the soup from curdling. Put the pot on the cooker and continue cooking.





#### Note:

- If the child has just started complementary foods, it is possible to add flour and meat into water right at the beginning.
- For older children who can eat the solid part of the foods, it is possible to fry minced meat/ fish/ shrimp to create a good smell; then add to cooked semi-solid soup and stir.



**Step 3:** When semi-solid soup/ porridge is nearly ready, add minced vegetables. It is crucial to add vegetables at the end of the cooking process so that vitamins and minerals in vegetables are not destroyed due to high temperature.

**Step 4:** Add a small amount of oil, iron-fortified fish sauce, or iodized salt and stir thoroughly.



## Check the consistency

**Check the consistency:** The stomach of an infant is very small; therefore; your child should be given thick, nutrient-dense foods to get all the nutrients needed for development and growth. If fed watery semi-solid soup, your child will become full quickly but not get all of the nutrients needed. Checking the consistency of your child's food: When the spoon is tilted, the soup should still adhere to the spoon.



Correct



Incorrect



## Ways to enrich the child's foods (increasing density)

Your child needs an energy-rich meal because of the small stomach. To make the semi-solid soup adequate in energy and nutrients (energy and nutrient dense), you can:

- Toast cereal grains before grinding them into flour. Less water should be used in the soup because toasted flour does not thicken the soup as much as some thickeners, so less water is needed to make porridge.
- Mash or chop foods such as beans, vegetables, meat, and fish to a thick puree and feed your child both the liquid and solid parts of the foods.
- Add energy- and nutrient-rich foods to the porridge and semi-solid soup.
- Mix legume, pulse, or bean flour (mung bean flour, soya bean flour) with the staple flour (rice flour/ wheat flour) before cooking.
- Thicken with peanut or sesame flour.
- Add a spoonful of oil, fat, or butter to the child's foods.



**Oil or fat** (such as one half teaspoon) added to the child's bowl of food provides extra energy. The addition of fatty/oily foods also makes the thick semi-solid soup softer and easier to eat.



However, if a large amount of fat is added, the child may become full before finishing all the food. This means the child may get the energy from the fat but less of other nutrients because less food is eaten. It is easy for a child who eats too much oil/fat or fried foods to become overweight.



## What to notice when preparing complementary foods for children

**Legumes or pulses** (such as beans, peas, and lentils), nuts, and seeds are good sources of protein and iron.

Following are some ways these foods could be prepared so that it would be easier for the child to eat and digest:

- Remove skins by soaking raw seeds and then rubbing the skins off before cooking.
- Boil beans then sieve to remove coarse skins.
- Toast or roast nuts and seeds and pound to a paste.
- Add beans/lentils to soups or stews.
- Mash cooked beans well.
- Similar to pulses, dark green leaves, **red colored meat, heart, liver**, and **egg yolk** are good sources of iron-rich foods that help the child's brain to develop and prevent anemia.
- **Dark green leaves** (rau ngot, rau muong, rau den, etc.), **orange-colored fruits or vegetables** (papaya, mango, pumpkin, carrot, gac fruit, etc.) protect good eyesight and prevents the infections.
- A young child (6 up to 24 months of age) needs to be given animal-source foods such as meat, eggs, fish, or poultry daily. Meat or organ meat of animals, birds, and fish (including shrimps, crabs, shellfish, and canned small fish) as well as foods prepared from blood or liver are rich in iron and zinc. Liver is also rich in vitamin A.

If possible, use fortified products, such as micronutrient powders, which are fortified with iron, and iodized salt. Iron is important for brain development and iodine is important for thyroid function.



### Complementary feeding: Myths vs Fact

Myths	Fact
I should grind the foods into small pieces and then strain them and only use the broth to cook the baby's porridge.	The strained broth contains only a little amount of amino acid that makes a sweet taste or aroma. If you feed your child only strained broth, your child will not receive any protein. Therefore, you should grind or mince the foods into small pieces before cooking. Feed well-cooked ground foods or pieces of foods to your baby.
Babies cannot eat rice before 24 months of age.	A 12-month-old-baby can start eating rice and should be encouraged to try other family foods.
Babies should not eat liver because it is toxic for their health.	Liver is an iron- rich food, so it is good for your baby's health. It helps your baby's brain development and prevents anemia.
Sugar-rich foods are good for my baby.	A large amount of sugar-rich food is not good for your baby because it contains a lot of energy but few nutrients. Therefore avoid giving your baby candy, sweet cookies, or soft drinks as your baby will feel full and miss out on eating healthy foods with critical vitamins and minerals.
Babies should eat only lean meat because fat meat makes babies get a stomachache or diarrhea.	All kinds of meats such as pork, beef, and chicken can be given to babies, both lean and fat meat. Fat on the meat helps your baby absorb all the nutrients from meat to grow up healthy.





## Ensure a hygienic meal and food safety

**You should remember the following points to ensure a clean and safe meal.**

- Clean hands
- Clean cooking utensils
- Clean food and water
- Clean storage

### **☀ Keep your hands and all cooking tools clean**

- Wash hands with soap before preparing foods and feeding the child
- Wash hands with soap after using the toilet, cleaning the child's bottom, or holding pets and animals
- Wash all the surfaces and utensils used for cooking and storing foods

### **☀ Use clean water and fresh foods**

- Use safe water to cook foods
- Choose and select fresh foods

### **☀ Well-cooked food**

- All foods must be well cooked, especially meat, poultry, eggs, and seafood
- Porridge and vegetables should be boiled and meat or poultry should be well-cooked. Meat and poultry should not be undercooked
- All foods must be re-boiled when reheated. Remember to stir during cooking

### **☀ Food storage**

- Separate raw meat, poultry, and seafood from other foods
- Use separate containers or chopping boards for cooked foods and raw foods
- Use covered containers to store foods to avoid contact between cooked foods and raw foods
- Use a clean bowl and cup to feed your baby
- Do not keep cooked foods at room temperature (about 25°C) more than 2 hours
- Do not store the food too long (more than 4 days) even in the fridge
- The ideal is to feed your baby foods right after cooking rather than foods prepared earlier and stored



## Responsive feeding: How to prevent fussy eating

### **1. Ways to prevent fussy eating.**



#### **a. Nutrition:**

- Start complementary feeding at the right time—at 6 months (180 days).
- Do not introduce complementary foods too early or too late.
- Give your child the right amount of food as recommended for his or her age. Do not overwhelm your child with too much food.
- Try to feed your child on time.
- Give a variety of foods. Your child needs adequate vitamins and minerals to grow and protect against illness.

#### **b. Atmosphere/ environment**

- Create a warm and fun atmosphere during eating time. Feeding times are periods of learning and love.
- Do not force, scold, or threaten your child to eat.
- Reduce distractions such as watching TV, playing, or walking around while eating.
- Be patient and encourage children to eat.



## 2. When the child has symptoms of fussy eating, there are ways to stop it.

### a. Complementary food preparation:

- Instead of giving the same foods every day, give a variety of foods and ones the child likes.
- A monotonous diet can cause eating problems.
- Give foods with different ingredients—not too much starch or protein.
- Offer a variety of tastes and textures to stimulate appetite.
- Use colorful foods that are attractively displayed and have appealing smells.
- If your child rejects a food, don't worry. Introduce it again later.
- Serve colorful foods in small soft pieces so your child can eat without assistance.
- Give the child many smaller meals or snacks per day. This is more effective than sitting down to big meals.



### b. Feeding methods

- Please don't fill your child's stomach with foods like chips, juice, water and other liquids, biscuits, and candy. These foods can spoil a child's appetite and interest in nutritious foods. Also, they give energy but no vitamins or minerals.
- Feed when the child is hungry. Try waiting until your child is hungry and requests food.
- Let your child do some activities, exercise, or take a bath before feeding.
- Let your child eat with you and the whole family. You can taste your child's food and let your child try your food. Make compliments about the food and be happy, offering encouragement.
- Let your child pick up food without your help.
- Praise your child for eating, even if it's only a small meal.



### TIPS:

- Encourage your baby to play, run, or bathe before eating.
- Try to minimize distraction such as watching TV, playing games, or walking around.
- Patiently feed your baby and encourage him/her to eat.
- Create a happy atmosphere when feeding your baby.
- Feed your baby when the whole family eats.
- Avoid threatening or forcing your baby to eat. A younger baby should be fed by an adult. Encourage an older one to eat by himself. Try to give your baby different types of foods with different tastes and textures.
- Notice when your baby is full or hungry and take appropriate action.
- Do not feed your baby candy or soft drinks.
- When your baby refuses to eat, do not force him to eat. Wait until he wants to be fed.
- Praise your baby when he eats even a small amount of food.



***Feeding times are periods of learning and love. Interact with the child – make eye contact. Talking or singing to the child during feeding will help your baby eat better.***





## FEEDING AN ILL (SICK) CHILD

A sick child often cries and refuses to eat, eats less food, or often vomits/burps. You can follow these recommendations:

- Divide the food into small meals and feed the child more frequently.
- Increase breastfeeding so that the child gets more water, nutrients, and protective factors to help fight against infections. Breastfeed the child more frequently.
- Feed the foods that the child likes and feed a variety of foods.
- Feed the child nutrient-rich foods that can be thicker or more watery than foods the child normally likes. Watery foods help the child eat easily when the child has a sore throat, stomatitis or vomiting accompanied by a cough.
- Hold or place the child in a position that helps the child feel comfortable when eating.
- Feed the child with patience and love; spend more time with the child to encourage the child to eat. The person feeding the child should be someone that the child likes.

### Feeding the child that has diarrhea, acute respiratory infection (ARI), or fever.

Feeding	Diarrhea	ARI	Fever
<b>Breastfeeding</b>	Breastfeed the child more frequently and longer at each feed	Breastfeed the child more frequently and longer at each feed	Breastfeed the child more frequently and longer at each feed
<b>Complementary feeding</b>	Feed the child many small meals. When the child has diarrhea, avoid feeding sugary foods and soft drinks. These foods can make diarrhea worse.	Feed the child many small meals. When feeding the child, let him sit in a straight position for easier eating.	Feed the child many small meals
<b>Drinking</b>	If the child is 0 to 6 months old and is being exclusively breastfed, continue to breastfeed but do so more frequently. Consult a medical doctor about giving ORS. If the child is not exclusively breastfeeding, give one or different kinds of fluids: ORS, fruit juices, rice water, porridge water, clean water, etc.	If the child is not being exclusively breastfed, give the child more boiled water	If the child is not being exclusively breastfed, give the child extra fluid (clean water, fresh fruit juices ...)

### Feeding an ill (sick) child

- A sick child often does not want to eat and can easily lose weight and can get sick again. Good feeding during this time will help the child recover quickly.
- During sickness, the child needs more energy and nutrients to fight infections and prevent malnutrition after sickness.

### Child feeding during recovery

- Usually, the child's appetite increases after illness so the child should be given extra food. This is a good time to give the child extra nutrients so that weight loss is restricted or lost weight is quickly regained.
- To provide the child with more nutrients, feed the child 1-2 extra meals/ day for at least 2 weeks until the child has regained the lost weight and is growing at a healthy rate.

### Child feeding during recovery period

- Give extra breastfeeds
- Feed extra meals (until the child regains the lost weight)
- Give an extra amount of food at each meal
- Add more nutritious food
- Feed with extra patience and love

### How to recognize danger signs in children

**When the child shows any of these danger signs, take the child to a health facility immediately:**

- The child cannot breastfeed
- The child has diarrhea and is thirsty
- The child cannot drink or has difficulty drinking
- The child vomits a lot
- The child's stool is mixed with blood
- The child has a fever (higher than 38 degrees Celsius)
- The child has convulsions
- The child sleeps soundly and is hard to wake up
- The child is lethargic or unconscious
- The child has abnormal signals (fast breathing, difficulty breathing, sunken rib cage)

# Sample Recipes for complementary feeding

## Recipes for thickened soups for infants aged 6 to 9 months:

(at least 2 times a day)

### 1.1. Egg Soup:

Rice flour:	2 teaspoons (16g)
Chicken egg:	half of a yolk (or 2 quail eggs)
Fat (cooking oil):	1 teaspoon (2g)
Vegetables (chopped):	2 teaspoons (16g)
Water:	3/4 small bowl*

### 1.2. Meat soup:

Rice flour:	2 teaspoons (16g)
Minced meat:	2 teaspoons (16g)
Fat (cooking oil):	1 teaspoon (2g)
Vegetables (chopped):	2 teaspoons (16g)
Water:	3/4 small bowl*

### 1.3. Mung bean and pumpkin soup:

Rice flour:	2 teaspoons (16g)
Mung bean flour:	2 teaspoons (16g)
Mashed pumpkin:	2 small pieces (16g)
Fat (cooking oil):	1 teaspoon (2g)
Water:	3/4 small bowl*



## Thickend soup menus for children aged 8 to 9 months:

(at least 3 times a day)

### 2.1. Meat/fish/shrimp/liver soup:

Rice flour:	2 teaspoons (16g)
Minced meat, fish with bones removed, peeled and minced shrimp, chopped liver:	2 teaspoons (16g)
Fat (cooking oil):	1 teaspoon (2g)
Vegetables (chopped):	2 teaspoons (16g)
Water:	3/4 small bowl*



## Semi-solid soup menu for children aged 9 to 12 months:

(at least 2 times a day)

### 3.1. Meat/fish/shrimp/liver soup:

Rice flour:	2 teaspoons (16g)
Minced meat, fish with bones, peeled and minced shrimp, chopped liver:	2 teaspoons (16g)
Fat (cooking oil):	1 teaspoon (2g)
Vegetables (chopped):	2 teaspoons (16g)
Water:	3/4 small bowl*

### 3.2. Egg soup:

Rice flour:	2 teaspoons (16g)
Chicken egg:	1 yolk (or 4 quail eggs)
Fat (cooking oil):	1 teaspoon (2g)
Vegetables (chopped):	2 teaspoons (16g)
Water:	3/4 small bowl*

### 3.3. Crab broth and vegetable soup:

Rice flour:	2 teaspoons (16g)
Crab broth:	3/4 small bowl*
Fat (cooking oil):	1 teaspoon (2g)
Vegetables (chopped):	2 teaspoons (16g)

### 3.4. Pumpkin and peanut soup:

Rice flour:	2 teaspoons (16g)
Mashed pumpkin:	4 small pieces (16g)
Ground roasted peanuts:	2-3 teaspoons (16g)
Water:	3/4 small bowl*



### 2.2. Crab broth and vegetable soup:

Rice flour:	2 teaspoons (16g)
Crab broth:	3/4 small bowl*
Fat (cooking oil):	1 teaspoons (2g)
Vegetables (chopped):	2 teaspoons (16g)

### 2.3. Pumpkin and peanut soup:

Rice flour:	2 teaspoons (16g)
Mashed pumpkin:	4 small pieces (16g)
Ground roasted peanut:	2-3 teaspoons (16g)
Water:	3/4 small bowl*



\*bowl with 250ml capacity

\*bowl with 250ml capacity



### Porridge menu for children aged 12 to 24 months:

(3 – 4 times a day)

#### 4.1. Meat/fish/shrimp/eel/liver porridge:

Rice:	a handful of rice*
Minced meat, fish with bones removed, peeled and minced shrimp, chopped liver:	3-4 teaspoons (32g)
Fat (cooking oil):	2 teaspoons
Minced vegetables:	3-4 teaspoons
Water:	sufficient

#### 4.2. Egg porridge:

Rice:	a handful of rice*
Chicken egg:	1 egg (both the yolk and the white)
Fat (cooking oil):	2 teaspoons
Minced vegetables:	3-4 teaspoons
Water:	sufficient

#### 4.3. Mung bean/ black bean porridge:

Rice:	a handful of rice*
Mung bean or black bean:	half amount of rice
Fat (cooking oil):	2 teaspoons
Minced vegetables:	3-4 teaspoons
Water:	sufficient

\* or a ¼ bowl of cooked porridge



## CHECKLIST:

### Good complementary feeding practices

- ☀ Start giving complementary food when your child is 6 months old (180 days), and continue breastfeeding until the child is 24 months of age or older.
- ☀ Start with semi-solid to solid food (start by giving your child 1-2 spoons of semi-solid food for 2-3 days, gradually increase consistency of the food), help the child get acquainted with new foods.
- ☀ Give your child complementary food starting with small and increasing to big amounts at each meal as the child grows. The number of meals must be appropriate to the child's age.
- ☀ Give your child a variety of foods, add different foods, and mix the food to help your child eat well. Pay attention to the child's appetite when preparing complementary food.
- ☀ Ensure that your child's food is rich in nutrients and include all 4 food groups at each meal (carbohydrate, protein, lipid/fat, vitamin and minerals).
- ☀ Wash your hands with soap before preparing meals and feeding the child. Use fresh food and clean water for cooking. Wash the cooking tools. Put the child's food in a clean container.
- ☀ If your child is ill, feed small meals more frequently during and after the illness (sickness). Give more liquids, especially if the child has diarrhea and high temperature. Breastfeed your child more frequently. After the sickness, feed the child more foods than usual for at least 2 weeks for faster recovery.
- ☀ Do not give the child sweets and soft drinks before meals. This can diminish appetite and lessen food intake.
- ☀ Be patient and encourage the child to eat more when feeding.





## Frequently asked questions

(More on the website and forum: [Matтроibetho.vn](http://Matтроibetho.vn))

**Question 1: My baby is now almost 6 months old. He has been exclusively breastfed for the first 5 1/2 months. Recently, I have introduced complementary foods. I still continue to breastfeed him. Can I ask whether such infant feeding practices can ensure good growth for my baby or not? What kinds of foods are appropriate for him in this period? How much food is enough for him? Should I feed him fruits or yogurt?**

That you exclusively breastfed him for the first 5 1/2 months can ensure good growth for your baby. You should keep practicing exclusive breastfeeding until he is 6 months old and continue to breastfeed him until 24 months and beyond in combination with complementary feeding. If you introduce complementary foods to him too early and in large quantities, that is not good for him as his digestion system cannot digest all the food which leads to overweight. It is not advised to mix fruits and yogurt at this time because his digestion system is not fully developed. At this time, breastmilk is the best choice for your baby and you should give breastmilk only until he is 6 months old. You do not need to give him formula milk. When he is 6 months old, complementary foods can be introduced. You should apply the principle of “feeding baby from small amount to bigger amount, from diluted foods to thicker foods and getting babies familiar with a variety of foods.”

**Question 2: My baby is 6 months old, and when I started feeding him semi-solid soup, she had diarrhea twice a day and vomited twice. Now, should I continue to feed her semi-solid soup?**

Complementary food is certainly suitable for 6 month old babies. Your baby's defecating twice a day cannot be called diarrhea. You should help her get used to the food gradually, starting with only a small amount, 2 or 3 spoonfuls of semi-solid soup and then increasing both the amount and the thickness. Ensure that you give the right quantity of food depending on the age of your child. If you give your child too much food, she may not be able to keep it down. Try to feed your baby when she is hungry, and do not force her to eat. In addition, follow recommended hygiene practices while preparing food and feeding your child. Instead of being worried and stopping complementary foods, you should help her get used to new foods gradually. You should also give her a variety of foods such as meat, eggs, vegetables, etc. Half to one teaspoon of oil should also be added to a bowl of semi-solid soup. You should choose clean, fresh foods. All cooking and feeding tools must be carefully cleaned and washed with boiled water.

**Question 3: My baby is 12 months old, and she eats semi-solid soup and porridge well - 3 bowls a day; however, she gains weight very slowly, about 200g per month. What should I do to help her gain more weight?**

On average, from the age of 6 months, a baby gains 400 – 600g every month and should also grow appropriately in height/length. If your baby gains only 200g per month and is at the same time short for her height, you need to ensure that you are giving her the right amount and type of food and that she does not have a parasitic infection.

In addition to the quantity and type of food, you also need to ensure that the semi-solid soup is of the right consistency. After the soup or porridge is cooked, it should be thick enough so some of it stays on the spoon when the spoon is tilted. If the soup/porridge is watery and does not contain enough protein and fat, it cannot provide enough energy and nutrition for your baby to grow, leading to slow or poor weight gain.

If you make these changes and your baby is still not gaining weight, you should take her to the hospital to figure out the causes and an effective treatment.

**Question 4: My baby does not want to eat vegetables, what should I do now? Should I feed him fruit instead?**

Vegetables are a main source of vitamins and minerals especially dark green and yellow or orange vegetables. Vegetables also prevent your baby from getting constipated. Thus, vegetables are an important component in the baby's meal. You need to help your baby get used to eating vegetables. To do this you could start by adding a little sliced/minced vegetable into the semi-solid soup or porridge and gradually increase the amount over a week. Try using different kinds of vegetables for each meal. If your baby is more than 9 months old, it is possible to boil vegetables, beans, carrots, etc. and let him hold and eat them himself. This certainly motivates him a lot.

Using fruit to replace all vegetables is not a good idea because some vegetables can be richer in certain nutrients than certain fruits. Feeding a variety of fruits and vegetables to the baby ensures that he gets a variety of the vitamins and minerals that he needs.



**Question 5: My baby does not like meat, so should I use meat or bone broth to prepare semi-solid soup and porridge for him?**

Many people believe that meat or bone broth has many useful nutrients and calcium to help your baby's bones develop stronger. Meat and bone broth contain many ingredients that enhance taste and smell and encourage the baby to eat, but they contain very little calcium and protein. Protein and calcium are two nutrients that are hard to dissolve in water. To provide sufficient nutrients, it is necessary to let your baby eat the solid part of the soup. Besides, bone broth is difficult for your baby to digest, causing diarrhea. So, it is best not to use bone broth to cook the semi-solid soup or porridge for your baby.

During the first 1,000 days of life, children grow rapidly and require nutrient and energy dense foods to help them grow well – both physically and mentally. Try to ensure that you give your child a variety of foods every day. Animal-source foods such as red meats, liver, and egg yolk are especially important for brain development and prevention of anemia.

**Question 6: I have heard that eating too much oil and fat can make it difficult for a baby to digest food, or that he may suffer from diarrhea. Therefore, should I add oil or fat to my baby's food?**

Oils and fats are rich in energy, and easy to absorb. Adding oils and fats to your baby's food not only provides him sufficient energy but also makes absorbing other vitamins such as vitamin A, D, E, and K easier. Breastmilk contains high concentrations of fats, providing up to 50% of energy in your baby's diet, so complementary food should also contain enough fat to meet the need of your baby. In short, adding oils and fats in the semi-solid soup or porridge for your baby is necessary. However, your baby should not eat too much oil and fat. You can add half a teaspoon to each bowl of food because your baby may become full quickly, and cannot finish all the food, affecting nutrient absorption. You also can give meat with fat to your baby; you don't need to feed her only lean meat. In case your baby has digestive disorder (watery stool or dyspepsia, etc.), you should add oils or fats gradually at the start of complementary feeding, from half to one spoon of oil in a bowl of semi-solid soup or porridge.

**If you have questions about what to feed your baby log on to [www.mattroibetho.vn](http://www.mattroibetho.vn) and ask one of our nutrition doctors!**

**Question 7: My baby is 7 months old, and he is infected with rota virus and has diarrhea. I had his health checked and gave him a digestive enzyme, but after 5 days he still has not recovered. So, how long does it take for him to fully recover? Is it necessary to avoid fishy food? Should I feed him banana and egg? Should a baby with diarrhea eat carrots daily?**

Regarding his fever caused by rota virus, we cannot answer exactly how long it will take him to recover because it depends on his health and physical condition. You should be patient and follow the doctor's instruction and prescription, and take him to the hospital for a check up as scheduled or when there are any abnormal symptoms.

Since he has diarrhea, he has lost a lot of fluid, so he should be fed nutrient-rich food and more water to compensate for the lost fluid. It is necessary to give him Oresol if he passes watery stools many times. Basically, he does not need to avoid fishy food; however, during this period, fishy food can make diarrhea more serious because fishy foods that are not carefully processed may contain dangerous bacteria that cause an infection for the digestive system. You can feed him chicken or frog meat rich in zinc that is very good for his intestinal recovery after having diarrhea.

Banana is very good for the baby with diarrhea because it contains a high concentration of potassium. Egg is also a good source of nutrients, but should not be used in excess. You can feed him carrots every day, but if he gets tired of carrots, you should add some other kinds of vegetable. If he keeps eating well, you can continue this diet while he has diarrhea and 2 weeks after diarrhea has stopped. You should feed your baby many smaller meals and feed him an extra amount of food after illness so he recovers fully.

**Question 8: My baby is 13 months old and he weighs 12kg. He has recovered after a week of bronchitis. Now he still coughs sometimes during the day. He has lost 2 kg. What kinds of food should I feed and not feed him so that he can fully recover, regain weight and prevent disease from recurring?**

The first thing you should do is to continue to breastfeed your baby frequently to help boost your baby's immunity. Also, breastmilk provides fluids and good quality nutrients.

In terms of food, divide the food into smaller meals and feed him more frequently. You should also feed him warm instead of cold food (because cold food is not good for babies who have respiratory infections). Feed your baby delicious and nutritious food that is easy to digest. Use a clean, wet tissue to clean his nose before feeding him.

If your baby has anorexia, he will be able to absorb less food. To prevent your baby from hunger and weight loss, it is vital to feed him more frequently (many smaller meals). As he starts recovering, you should increase the amount of food and feed him his favorite food to encourage him to eat more and speed up recovery.

# National Immunization Schedule For Children

## Expanded Program on Immunization in Viet Nam

Age	Vaccine	No. of doses
Birth (as soon as possible)	- BCG vaccine - Hepatitis B	- 1 dose
2 months	- Poliomyelitis - Diphtheria, tetanus, pertussis - Hepatitis B - Hib	- Poliomyelitis: 1st dose - Diphtheria, tetanus, pertussis: 1st dose - Hepatitis B: 1st dose - Hib: 1st dose
3 months	- Poliomyelitis - Diphtheria, tetanus, pertussis - Hepatitis B - Hib	- Poliomyelitis: 2nd dose - Diphtheria, tetanus, pertussis: 2nd dose - Hepatitis B: 2nd dose - Hib: 2nd dose
4 months	- Poliomyelitis - Diphtheria, tetanus, pertussis - Hepatitis B - Hib	- Poliomyelitis: 3rd dose - Diphtheria, tetanus, pertussis: 3rd dose - Hepatitis B: 3rd dose - Hib: 3rd dose
9 months	- Measles	- 1st dose
18 months	- Diphtheria, tetanus, pertussis - Measles	- Diphtheria, tetanus, pertussis: 4th dose - Measles: 2nd dose

## Expanded Program on Immunization in Viet Nam

Age	Vaccine	No. of doses
1 – 5 years old	- Japanese encephalitis *	- 1st dose - 2nd dose two weeks after 1st dose - 3rd dose one year after 2nd dose
2-5 years old	- Cholera *	- Two doses by taking medicine - 2nd dose two weeks after 1st dose
3-5 years old	- Typhoid *	- One dose

\* Vaccines which are used in the area of higher incidence rates of the diseases

