



Baby's First Bites

Complementary feeding with confidence

Makanan Pertama Bayi

Memberi makanan pelengkap dengan yakin

6-12
months * bulan



Spearheaded by
Dianjur oleh



Nutrition Society of Malaysia (NSM)

In collaboration with
Dengan kerjasama



Obstetrical & Gynaecological
Society of Malaysia (OGSM)



Malaysian Paediatric
Association (MPA)



National Population & Family
Development Board (LPPKN)

Supported by
Disokong oleh





Spearheaded by
Dianjur oleh



In collaboration with
Dengan kerjasama



Supported by
Disokong oleh



Because Your Child Deserves The Best

The Mother's Smart Choice programme is dedicated to helping mothers nourish their infants for optimal growth, health and development. Based on the current scientific understanding, the guidance of our experts will give you the confidence to know that you are indeed giving baby your very best.

Hanya Yang Terbaik Untuk Anak Anda

Program "Pilihan Bijak Ibu" membantu para ibu memastikan anak mereka mendapat segala khasiat yang diperlu untuk tumbesaran, kesihatan dan perkembangan yang optimum. Nasihat dan bimbingan dari pakar-pakar kami yang berlandaskan bukti saintifik terkini akan memberikan anda keyakinan bahawa anda memberikan hanya yang terbaik untuk anak anda.

Guiding Moms In Infant Nutrition From Newborn To Toddler

- * Phase 1 (2011): Breastfeeding
- * Phase 2 (2012): Complementary Feeding (6-12 m)
- * Phase 3 (2013): Table Foods (1 year and above)

Membimbing Ibu Dari Segi Pemakanan Bayi Dari Lahir Hingga Ke Peringkat Kanak-Kanak

- * Fasa 1 (2011): Penyusuan Susu Ibu
- * Fasa 2 (2012): Makanan Pelengkap (6-12 bln)
- * Fasa 3 (2013): Makanan Pelengkap (1 thn ke atas)

Our Activities in Year 2011 / Aktiviti-Aktiviti Kami di Tahun 2011



Campaign Launch / Majlis Pelancaran



Nurse Talks / Seminar Jururawat



Poster to promote MSC / Poster untuk mempromosikan MSC



Get the Breastfeed with Confidence Guidebook!

Written by experts to help you breastfeed successfully and confidently. Call 03-7960 9788 for your **FREE** copy today. Offer while stocks last.

Dapatkan Buku Panduan berjudul "Menyusu Dengan Yakin"!

Disediakan oleh pakar-pakar bagi membantu anda melakukan penyusuan ibu dengan yakin. Hubungi 03-7960 9788 untuk mendapatkan senaskah secara **PERCUMA**. Selagi stok masih ada.



Chairman/Pengerusi

Dr Tee E Siong, KMN

Members/Ahli-ahli

Ms Fatimah Salim
Prof Dr Poh Bee Koon
Ms Tan Sue Yee
Dr Kiren Sidhu

Published by/Diterbitkan oleh



Spearheaded by/Dianjur oleh



Nutrition Society of Malaysia
c/o Division of Human Nutrition
Institute for Medical Research
Jalan Pahang
50588 Kuala Lumpur
Email: president@nutriweb.org.my

In collaboration with/Dengan kerjasama



Obstetrical & Gynaecological Society of Malaysia
Suite A-05-10, Plaza Mont Kiara
No. 2, Jalan Kiara, Mont Kiara
50480 Kuala Lumpur
Email: president@ogsm.org.my



Malaysian Paediatric Association
3rd Floor (Annexe Block)
National Cancer Society Building
66, Jalan Raja Muda Abdul Aziz
50300 Kuala Lumpur
Email: mpaeds@gmail.com



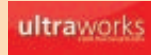
Lembaga Penduduk dan Pembangunan Keluarga Negara
Bangunan LPPKN
12B, Jalan Raja Laut
Peti Surat 10416
50712 Kuala Lumpur
Email: penduduk@lppkn.gov.my

Supported by/Disokong oleh



Philips Malaysia Sdn Bhd
Toll Free: 1-800-880-180
www.philips.com.my/AVENT

Mother's Smart Choice
Secretariat/Sekretariat



A-3-6, Block A, 8 Avenue,
Jalan Sungai Jernih 8/1, Seksyen 8,
46050 Petaling Jaya,
Selangor Darul Ehsan, Malaysia.
Tel: +603 7960 9788
Email: matters@ultraworks.biz

***Disclaimer**

This book is not in any way intended to substitute medical advice from your doctor or health professionals. When in doubt, please consult your doctor. The Nutrition Society of Malaysia (NSM), Malaysian Paediatric Association (MPA), Obstetrical & Gynaecological Society of Malaysia (OGSM), National Population and Family Development Board (LPPKN) are not liable from any issue arising from the use of this book.

NSM, OGSM, MPA and LPPKN do not endorse any products and are not responsible for any claims made in the advertisements.

Intellectual property is vested in the Mother's Smart Choice (MSC) programme. No part of this book shall be reprinted without the written permission from the Expert Panel of MSC.

***Penolakan tuntutan**

Buku ini sama sekali tidak bertujuan untuk menggantikan nasihat doktor anda atau pakar profesional kesihatan. Segala kemasykilan hendaklah dirujuk kepada doktor anda. Persatuan Pemakanan Malaysia (NSM), Persatuan Pediatrik Malaysia (MPA), Persatuan Obstetrikal dan Ginekologikal Malaysia (OGSM) dan Lembaga Penduduk dan Pembangunan Keluarga Negara Malaysia (LPPKN) tidak bertanggungjawab atas apa-apa isu yang berbangkit daripada penggunaan buku ini.

NSM, OGSM, MPA dan LPPKN tidak mengesyorkan sebarang produk dan tidak bertanggungjawab ke atas sebarang akuan daripada iklan-iklan yang disiarkan.

Kandungan buku ini adalah hak cipta sepenuhnya program Mother's Smart Choice (MSC). Tidak dibenarkan mencetak semula mana-mana bahagian dalam buku ini tanpa kebenaran bertulis daripada Panel Pakar MSC.



CHAPTER 1: OFF TO A SOLID START! 8

BAB 1: PERMULAAN YANG KUKUH

- Complementary feeding: what is it? 8
Apa itu makanan pelengkap?
- Start at six months or older 8
Mulakan pada umur enam bulan atau lebih
- Why complementary feeding should not start before six months? 9
Mengapa pemberian makanan pelengkap tidak harus dimulakan sebelum enam bulan?
- What about milk after 6 months? 14
Bagaimana dengan susu selepas 6 bulan?
- Breastfeeding – still great for your baby 16
Penyusuan susu ibu masih berkhasiat untuk bayi anda
- If you are not breastfeeding 17
Jika anda tidak menyusukan bayi

CHAPTER 2: FIVE GOLDEN RULES 19

BAB 2: LIMA PEDOMAN UTAMA

- Start from 6 months onward 19
Mula dari umur 6 bulan
- Give enough food to meet his energy needs 20
Beri makanan secukupnya untuk memenuhi keperluan tenaganya
- Give a variety of nutrient-rich foods for his growth and development 21
Beri pelbagai makanan yang berkhasiat untuk tumbesaran dan perkembangannya
- Increase the frequency of your baby's feeding according to his age 24
Tingkatkan kekerapan memberi makanan mengikut umurnya
- Vary food preparation methods as your baby grows older 25
Ubah cara menyediakan hidangan apabila umur bayi meningkat

CHAPTER 3: COOKING FOR YOUR BABY	27
BAB 3: MEMASAK UNTUK BAYI ANDA	
Home-cooked or commercial baby foods? Masak sendiri atau makanan bayi komersial?	27
Let's get cooking! Mari memasak!	28
Storing and keeping baby's food Menyimpan makanan bayi anda	35
CHAPTER 4: EASY 'N HEALTHY RECIPES	39
BAB 4: RESEPI-RESEPI MUDAH DAN BERKHASIAT	
CHAPTER 5: THE ART OF FEEDING	
BAB 5: SENI MEMBERI MAKAN	
Introducing complementary food to your baby Memperkenalkan makanan pelengkap kepada bayi anda	61
Food allergy and your baby Alahan dan bayi anda	62
Encouraging your baby to eat Menggalakkan bayi anda untuk makan	62
Why won't your baby eat? Mengapa bayi anda enggan makan?	63
Is your baby full? Adakah bayi anda sudah kenyang?	65
Travelling with your baby Berjalan jauh dengan bayi anda	66
CHAPTER 6: WORKING WITH CAREGIVERS	69
BAB 6: BEKERJASAMA DENGAN PENJAGA BAYI	
CHAPTER 7: IS YOUR BABY EATING ENOUGH?	73
BAB 7: ADAKAH BAYI ANDA MENDAPAT MAKANAN SECUKUPNYA?	





Complementary Feeding: You Can Do It Right!

As your baby grows, it is time to introduce him to complementary foods. Complementary foods are important because, after six months, milk alone will not be able to provide all the nutrients needed for your baby's growth and development.

The importance of appropriate complementary feeding is increasingly overlooked by mothers today. Many working mothers believe that complementary feeding is time consuming. Some mothers also expect the baby to be able to eat solid food on his own.

Actually, babies need to be taught the appropriate way to consume solid food. The mother should nurture her baby's eating skills by giving him the right types of food at the right time.

Following the publication of **Breastfeed with Confidence** last year, **Baby's First Bites** is published this year to help mothers like you nurture your baby's eating skills. After reading this book, you will discover that, with the right approach and planning, you can practise better complementary feeding with your baby. It's really simple once you know the right approach to adopt!

Lastly, I am pleased that **Mother's Smart Choice** is now entering its second phase after a successful first phase. This year, we move the spotlight from breastfeeding to complementary feeding. On behalf of NSM, I would like to thank our partner professional bodies Obstetrical & Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA) and the National Population and Family Development Board (LPPKN) as well as Philip AVENT for their continuous support of MSC.

Dr Tee E Siong
President
Nutrition Society of Malaysia



Makanan Pelengkap:

Anda Boleh Lakukannya Dengan Betul!

Apabila bayi anda membesar, tibalah masanya untuk memperkenalkan makanan pelengkap kepadanya. Makanan pelengkap penting kerana selepas enam bulan, susu sahaja tidak dapat membekalkan kesemua nutrien yang diperlukan untuk tumbesaran dan perkembangannya.

Kepentingan makanan pelengkap yang sesuai semakin kurang diberi perhatian oleh ibu-ibu pada masa kini. Ramai ibu yang bekerja percaya bahawa pemberian makanan pelengkap mengambil masa yang lama. Sesetengah ibu juga mengharapkan agar bayi akan pandai makan dengan sendirinya.

Sebenarnya, bayi-bayi perlu diajar cara yang betul untuk makan makanan pepejal. Si ibu harus memupuk kemahiran bayinya makan makanan dengan memberinya jenis-jenis makanan yang sesuai pada masa yang betul.

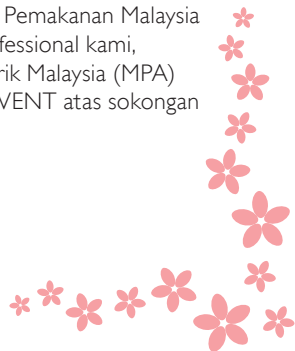
Berikutan daripada penerbitan buku panduan **Menyusu Dengan Yakin** pada tahun lepas, **Makanan Pertama Bayi** diterbitkan tahun ini untuk membantu ibu-ibu seperti anda memupuk kemahiran bayi anda makan makanan pepejal. Selepas membaca buku ini, anda akan mendapati bahawa dengan pendekatan dan perancangan yang betul, anda boleh memberi makanan pelengkap kepada bayi anda dengan lebih baik. Ia sangat mudah apabila anda sudah mengetahui cara yang betul untuk diamalkan!

Akhir sekali, saya gembira bahawa **Mother's Smart Choice** (Pilihan Bijak Ibu) (MSC) telah memasuki fasa kedua selepas kejayaan fasa pertamanya. Tahun ini, kami mengubah tumpuan dari penyusuan susu ibu ke pemberian makanan pelengkap. Bagi pihak Persatuan Pemakanan Malaysia (NSM), saya ingin merakamkan penghargaan kepada rakan-rakan kongsi profesional kami, Persatuan Obsterikal dan Ginekologikal Malaysia (OGSM), Persatuan Pediatrik Malaysia (MPA) dan Lembaga Penduduk dan Pembangunan Keluarga (LPPKN) serta Philip AVENT atas sokongan mereka yang berterusan kepada MSC.

Dr Tee E Siong

Presiden

Persatuan Pemakanan Malaysia



Off To A Solid Start!

Complementary feeding: what is it?

Your baby is growing up fast, and it may be time for you to introduce him to other types of food besides milk. Feeding your child foods in addition to milk is called **complementary feeding**.

Start at six months or older

Complementary feeding is recommended for all babies who are **at least six months old**.

Permulaan Yang Kukuh!

Apa itu makanan pelengkap?

Bayi anda sedang membesar dengan pantas, dan mungkin sudah masanya untuk anda memperkenalkan makanan lain selain daripada susu. Memberi anak anda makanan lain selain daripada susu dipanggil **pemberian makanan pelengkap**.

Mulakan pada umur enam bulan atau lebih

Makanan pelengkap disyor diberikan kepada bayi yang berumur **sekurang-kurangnya enam bulan**.



Why Complementary Feeding Should Not Start Before Six Months

Your baby's digestive system may not be mature enough.

- Improper digestion can cause upset tummies, gas, constipation and other problems.
- Higher risk of developing food allergy.

Starting too early can affect breastfeeding.

- Decreases your baby's interest in breastfeeding and affects your milk supply.
- The protective benefits of breast milk against infections are reduced.

Your baby's iron supply may be affected.

- Lack of iron causes anaemia, a condition that can lead to increased risk of mental and physical problems.
- It is better to give your baby only breast milk in the first 6 months, because breast milk contains special substances that help your baby absorb iron better.

Possible higher risk of obesity in later years.

- Complementary feeding, when started too early, can lead to overfeeding and causes increased body fat and weight in childhood.

Mengapa pemberian makanan pelengkap tidak harus dimulakan sebelum enam bulan

Sistem penghadaman bayi anda belum cukup matang.

- Penghadaman yang tidak betul boleh mengakibatkan sakit perut, angin, sembelit dan masalah-masalah lain.
- Risiko lebih tinggi terhadap alahan makanan.

Memulakan terlalu awal boleh mengganggu penyusuan susu ibu.

- Mengurangkan minat bayi terhadap penyusuan susu ibu dan menjejaskan bekalan susu anda.
- Manfaat perlindungan susu ibu terhadap jangkitan akan berkurangan.

Bekalan zat besi bayi anda mungkin terjejas.

- Kekurangan zat besi menyebabkan anemia, satu keadaan yang boleh meningkatkan risiko masalah mental dan fizikal.
- Adalah lebih baik jika anda memberi bayi anda susu ibu sahaja pada 6 bulan pertama kerana susu ibu mengandungi bahan istimewa yang membantu bayi anda menyerap zat besi dengan lebih baik.

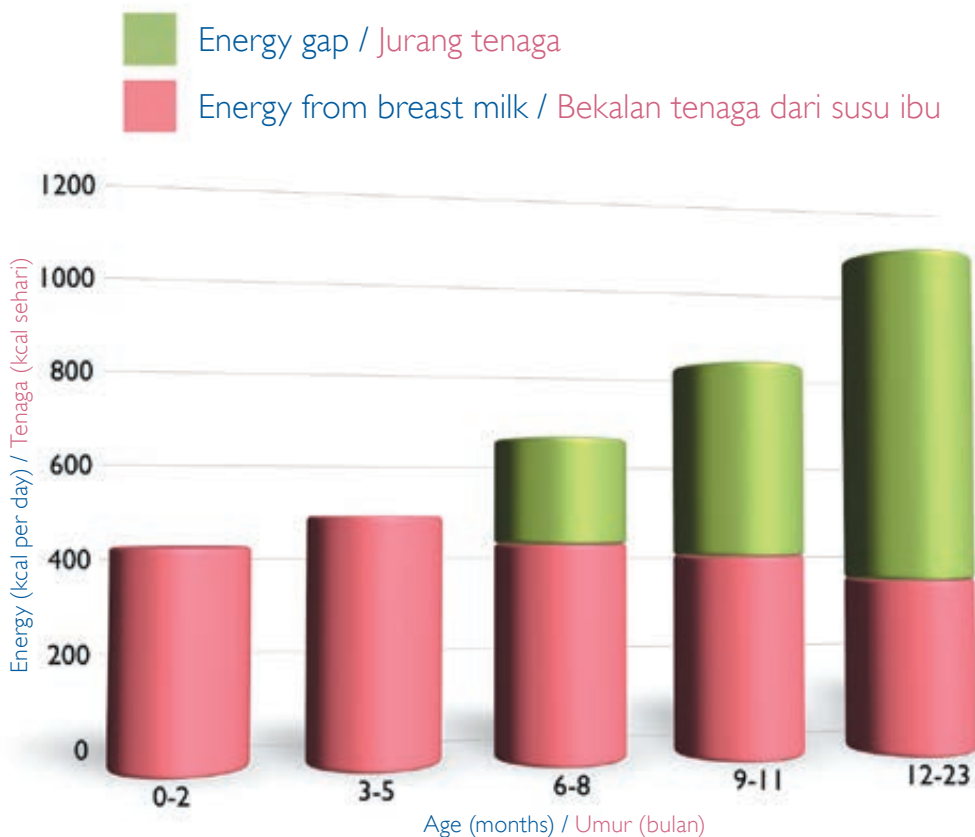
Kemungkinan risiko kegemukan meningkat pada kemudian hari.

- Pemberian makanan pelengkap, apabila dimulakan terlalu awal, boleh menyebabkan pengambilan makanan yang berlebihan dan seterusnya meningkatkan lemak badan dan berat badan di peringkat kanak-kanak.

Figure I / Gambarajah I

Energy required (top of each bar) and the amount from breast milk

Keperluan tenaga (puncak setiap bar) dan amaun dari susu ibu



Source/Sumber: Complementary Feeding – Family Foods for Breastfed Children by the Department of Nutrition for Health and Development, World Health Organization (2000)



As your baby grows older, breast milk alone cannot provide all the energy he needs.

Figure 1 shows that as your baby grows older, bigger and more active, he needs more energy (top of each bar). You can also see how much of this energy is supplied by breast milk if the mother breastfeeds frequently (the pink areas).

From 6 months onwards, there is a gap between the baby's energy needs and the energy provided by breast milk. The gap (green areas) becomes bigger as the baby grows older. This means that complementary foods are needed to fill the gap, and the amount of food needed increases as the baby becomes older. If the gap is not filled, the baby may not grow optimally.



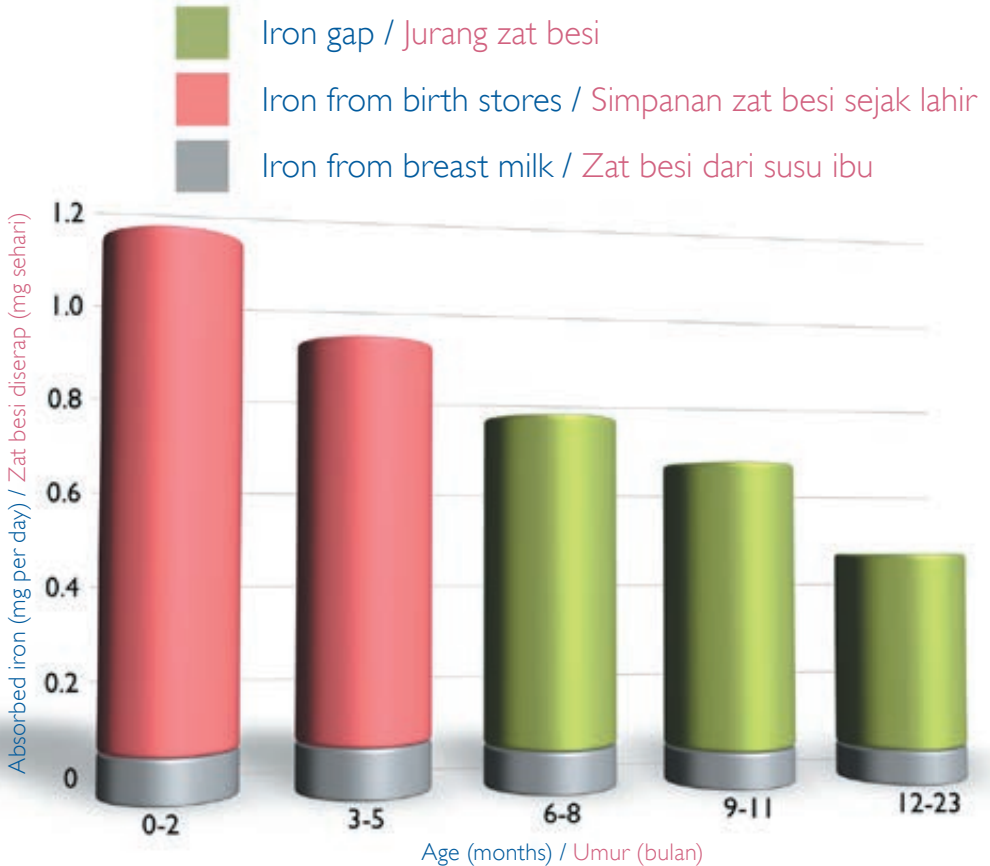
Apabila umur bayi anda semakin meningkat, susu ibu sahaja tidak boleh membekalkan kesemua tenaga yang diperlukannya.

Gambarajah 1 menunjukkan bahawa bayi memerlukan lebih banyak tenaga (puncak setiap bar) apabila umur bayi anda meningkat dan dia semakin membesar serta aktif. Anda juga boleh lihat berapa banyak keperluan tenaga ini dapat dipenuhi oleh susu ibu jika ibu menyusukan bayi dengan kerap (ruang merah jambu).

Dari umur 6 bulan, terdapat jurang antara keperluan tenaga bayi dengan jumlah tenaga yang dibekalkan oleh susu ibu. Jurang ini (ruang hijau) semakin luas apabila bayi membesar. Ini bermakna bahawa makanan pelengkap diperlukan untuk mengisi jurang ini. Jumlah makanan yang diperlukan bertambah apabila umur bayi semakin meningkat. Jika jurang ini tidak diisi, bayi mungkin tidak membesar dengan optimum.

Figure 2 / Gambarajah 2

Absorbed iron needed (top of each bar) and the amount from breast milk and body stores at birth
Keperluan zat besi yang diserap (puncak setiap bar) dan amaun dari susu ibu dan simpanan di dalam badan sejak lahir



Source/Sumber: Complementary Feeding – Family Foods for Breastfed Children by the Department of Nutrition for Health and Development, World Health Organization (2000)



As your baby grows older, breast milk alone cannot provide all the nutrients needed, such as iron.

The top of each bar in Figure 2 show the daily amount of iron needed by a baby at different ages. Full-term babies are born with enough iron store (indicated by the pink areas) to cover their needs in the early months. Breast milk provides only a small amount of iron (grey areas), so there is a large gap between what the baby needs and what is provided by breast milk especially in the first year.

After 6 months, the iron store in a baby is used up. This means that complementary food rich in iron is needed to fill the iron gap. If the baby does not receive enough iron, he may suffer from anaemia, especially between 6 to 12 months, as the gap is the biggest during this period.



Apabila umur bayi anda meningkat, susu ibu sahaja tidak boleh membekalkan kesemua nutrien yang diperlukan, seperti zat besi.

Puncak setiap bar di dalam gambarajah 2 menunjukkan jumlah zat besi yang diperlukan oleh seorang bayi setiap hari pada umur yang berbeza. Bayi yang dilahirkan cukup bulan mempunyai simpanan zat besi yang mencukupi (ruang merah jambu) untuk memenuhi keperluannya di peringkat awal. Susu ibu tidak membekalkan banyak zat besi (ruang kelabu), oleh itu terdapat jurang yang luas antara keperluan bayi dengan yang dibekalkan oleh susu ibu terutamanya dalam tahun pertama.

Selepas 6 bulan, simpanan zat besi akan habis digunakan. Ini bermakna bahawa makanan pelengkap yang kaya dengan zat besi diperlukan untuk mengisi jurang zat besi tersebut. Jika bayi tidak mendapat cukup zat besi, dia mungkin mengalami anemia, terutama pada umur antara 6 hingga 12 bulan, memandangkan jurang zat besi adalah paling luas ketika tempoh ini.

What about milk after 6 months?

Milk continues to play an important part in your baby's diet after you have begun complementary feeding.

- It's nutritious. Milk is rich in essential nutrients such as protein, carbohydrate, fat, calcium and more.
- It's versatile. It can be added to many types of complementary food, and many babies just love the taste of milk.
- If you have been breastfeeding your baby, continue to breastfeed on demand even after your baby has started complementary food. Not only is breast milk nutritious, it also contains many special substances that can help protect your baby from infections.

Bagaimana dengan susu selepas 6 bulan?

Susu terus memainkan peranan yang penting dalam diet bayi selepas anda memulakan pemberian makanan pelengkap.

- Ia berkhasiat. Susu kaya dengan nutrien penting seperti protein, karbohidrat, lemak, kalsium dan lain-lain.
- Ia serba guna. Ia boleh ditambahkan ke dalam pelbagai jenis makanan pelengkap, dan kebanyakan bayi suka pada rasa susu.
- Jika anda sedang menyusukan bayi anda, teruskan penyusuan seberapa kerap yang dia mahu walaupun selepas dia mula makan makanan pelengkap. Bukan sahaja susu ibu berkhasiat, ia juga mengandungi banyak bahan istimewa yang boleh melindungi bayi daripada jangkitan.





Is it fine to replace a meal with milk?

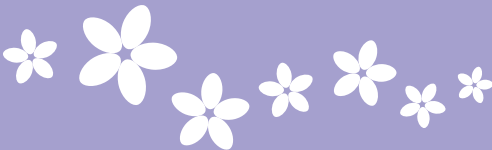
Sometimes, especially when you are just starting to introduce complementary food to your baby, he may show a preference for milk over complementary food. When this happens, you can let him have milk between main meals.

However, you should not replace a main meal with milk or milk products. Doing so will deprive your baby of nutrients found in other food groups such as fruits and vegetables. In the long run, this will affect your child's growth and development. Also it will not encourage your baby to accept a wide variety of foods and develop good eating habits.

Bolehkah susu menggantikan hidangan makanan?

Kadang-kala, terutamanya apabila anda baru memulakan makanan pelengkap, bayi anda mungkin lebih gemar kepada susu daripada makanan pelengkap. Apabila ini berlaku, anda boleh membenarkan bayi minum susu di antara hidangan utama.

Walau bagaimanapun, anda tidak harus mengganti hidangan utama dengan susu atau hasil tenusu. Jika anda berbuat demikian, bayi anda tidak akan mendapat nutrien-nutrien lain yang terdapat dalam kumpulan makanan lain seperti buah dan sayur. Dalam jangka masa panjang, ini akan menjejaskan tumbesaran dan perkembangan bayi anda. Ia juga tidak menggalakkan bayi anda untuk menerima pelbagai jenis makanan dan memupuk tabiat makan yang baik.



Breastfeeding – still great for your baby

Along with important nutrients and energy, breast milk continues to provide protective substances that will help reduce the risk of your child getting diarrhoea and other infections.

If you are breastfeeding your baby, keep up the good work! Continue breastfeeding on demand even after your baby has begun enjoying complementary food, until he is **two years old**.

It's Great For Moms Too!

- Breastfeeding helps strengthen the bond between you and your child.
- It burns up to 500 calories a day – great for Moms who want to get back in shape!
- Helps reduce the risk of osteoporosis, heart disease and post-menopausal cancer of the breast, womb and ovaries.

Penyusuan susu ibu masih berkhasiat untuk bayi anda

Bersama dengan nutrien penting dan tenaga, susu ibu terus membekalkan bahan-bahan perlindungan yang akan mengurangkan risiko anak anda mendapat cirit-birit dan jangkitan lain.

Jika anda masih menyusukan bayi anda, teruskan usaha yang murni ini! Terus menyusukan bayi seberapa kerap yang dia mahu walaupun selepas bayi mula menikmati makanan pelengkap, sehingga dia berumur **dua tahun**.

Ia Juga Baik Untuk Ibu!

- Penyusuan susu ibu membantu mengeratkan kasih sayang antara anda dan anak anda.
- Ia membakar sehingga 500 kalori sehari – baik untuk ibu-ibu yang ingin mengembalikan bentuk badan!
- Membantu mengurangkan risiko terhadap osteoporosis, penyakit jantung serta kanser payudara post-menapaus, rahim dan ovari.



Going back to work?

Many mothers believe that it is difficult to continue giving their child breast milk once they go back to work. This is not true. With some preparations, you can express breast milk while at work and bring them home to be stored. That way, your baby's caregiver can still offer your child breast milk.

- **Plan as early as possible.** Don't wait until the last minute.
- **Decide how you'd like to express breast milk.** Some mothers prefer to express by hand, while others find using a breast pump more convenient.
- **Arrange for the care of your baby while you are at work.**

To learn more about breastfeeding, including aspects related to continuing breastfeeding after returning to work, you can get a copy of **Breastfeed with Confidence**, published by **Mother's Smart Choice**.

If you are not breastfeeding

It is recommended that you give your baby a total of **500ml or 2 glasses of milk** a day. Don't give more, as too much milk can affect your child's appetite and make him refuse to eat during meals!



Kembali bekerja?

Ramai ibu percaya bahawa meneruskan penyusuan susu ibu apabila balik bekerja adalah sukar. Ini tidak benar. Dengan sedikit persediaan, anda boleh memerah susu ibu semasa di tempat kerja dan membawanya pulang untuk disimpan. Dengan cara itu, penjaga bayi anda masih boleh memberi susu ibu kepada bayi.

- **Rancang seberapa awal yang boleh.** Jangan tunggu ke saat-saat akhir.
- **Buat keputusan bagaimana cara anda hendak memerah susu.** Sesetengah ibu lebih suka memerah menggunakan tangan dan ada pula yang mendapati lebih mudah menggunakan pam.
- **Aturkan cara penjagaan bayi anda semasa anda bekerja.**

Untuk mempelajari dengan lebih lanjut mengenai penyusuan susu ibu, termasuk aspek-aspek mengenai cara untuk meneruskan penyusuan susu ibu selepas balik bekerja, anda boleh mendapatkan naskah **Menyusu dengan Yakin**, terbitan **Pilihan Bijak Ibu**.

Jika anda tidak menyusukan bayi

Adalah disyorkan agar anda memberi sebanyak **500ml atau 2 gelas susu** sehari. Jangan beri lebih kerana terlalu banyak susu boleh mengurangkan selera anak dan membuat dia enggan untuk makan pada waktu makan!



Proud to be most recommended by moms.*



The unique benefit of breastfeeding is something that we take to heart at Philips AVENT. With our Breast Pump Range, we are here to assist mothers today who often have to combine breastfeeding with other activities and responsibilities. To share any experience of your own motherhood or seek advice from other moms, join us at facebook.com/philipsavent.

PHILIPS
AVENT

sense and simplicity

*Based on December 2010 TNS online satisfaction survey conducted among more than 10,000 female users of childcare brands and products in US, UK, France, Germany, Spain, Italy, Netherlands, Poland, Russia and China.

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1800-880-180



Check out our products on iOS now!

Five Golden Rules

Lima Pedoman Utama



Start from 6 months onward.

Here are some signs that your child is ready to enjoy his complementary food.

Mula dari umur 6 bulan ke atas.

Berikut adalah beberapa tanda yang bayi anda sudah bersedia untuk menikmati makanan pelengkap.

- Can control his tongue and neck movements better.
- Start to make up-and-down "munching" movements.
- Can sit up with minimal support.
- Likes to put things into his mouth.
- Shows interest in what you are eating.

- Boleh mengawal lidah dan pergerakan tengkok dengan lebih baik.
- Mula membuat pergerakan mengunyah ke atas-ke bawah.
- Boleh duduk sendiri dengan sokongan yang minimum.
- Suka memasukkan sesuatu ke dalam mulut.
- Menunjuk minat pada apa yang anda makan.

Tips

- Start with just a few teaspoons and increase the amount slowly.
- If your baby is not too keen to try new food, try adding milk to his foods to help him get used to the taste.
- If your baby is still breastfeeding, continue to do so until your baby is 2 years old!

Tip-tip

- Mula dengan beberapa sudu kecil dan tingkatkan amaun secara perlahan-lahan.
- Jika bayi anda tidak berapa minat untuk mencuba makanan baru, cuba tambahkan susu ke dalam makanannya untuk membantu dia membiasakan diri dengan rasa makanan.
- Jika bayi anda masih menyusu susu ibu, teruskan sehingga dia berumur 2 tahun!

2

Give enough food to meet his energy needs.

Just like everyone else, your baby gets his energy from his food. Because your baby is growing quickly, he should be given enough energy-rich food to meet his daily needs. Foods rich with carbohydrates and fats are good sources of energy.

Beri cukup makanan untuk memenuhi keperluan tenaganya.

Seperti orang lain, bayi anda mendapat tenaganya daripada makanan. Oleh kerana bayi anda membesar dengan cepat, dia harus dapat makan secukupnya makanan yang kaya dengan tenaga untuk memenuhi keperluan hariannya. Makanan yang kaya dengan karbohidrat dan lemak adalah sumber baik untuk tenaga.

Carbohydrate / Karbohidrat

- Rice
- Cereals
- Grains
- Beras
- Bijirin
- Bijian

Fat / Lemak

- Butter
- Oil
- Dairy products
- Mentega
- Minyak
- Hasil tenusu

Tips

- Give your baby a variety of energy-rich food such as:
 - ✓ Cereals: porridge, rice, bread and others
 - ✓ Tubers: potatoes, sweet potatoes and others
- Generally, when your baby is 6 to 8 months old, give $\frac{1}{2}$ cup of thick rice porridge at each main meal.
- If your child is underweight, you can add about $\frac{1}{2}$ teaspoon of oil, butter or margarine in each main meal, up to a maximum of 2 teaspoons per day.
- Avoid adding salt, sugar or salty sauces (such as soya sauce) into your baby's food.

Tip-tip

- Beri bayi anda pelbagai makanan yang kaya dengan tenaga seperti:
 - ✓ Bijirin: bubur, nasi, roti dan lain-lain
 - ✓ Ubi-ubian: kentang, keledek dan lain-lain
- Secara amnya, apabila bayi anda berumur di antara 6 hingga 8 bulan, beri $\frac{1}{2}$ cawan bubur pekat pada setiap waktu makan utama.
- Jika bayi anda kurang berat badan, anda boleh tambah $\frac{1}{2}$ sudu kecil minyak, mentega atau majerin pada setiap hidangan utama, sehingga maksimum 2 sudu kecil sehari.
- Elak daripada menambah garam, gula atau sos-sos masin (seperti kicap) ke dalam makanan bayi anda.

3

Give a variety of nutrient-rich foods for his growth and development.

What kind of food should you give your baby?

Your baby can consume almost any type of food, as long as the amount and texture is suitable to be eaten and digested at his age. If you have any concerns about a particular type of food, consult your baby's doctor for advice.

What kind of nutrients does your baby need?

Here are just some of the nutrients needed by your baby:

Nutrient	Why it's good for your baby	Examples of food sources
Protein	Needed for many of the body's essential functions such as digestion and protection from diseases.	Meat, fish, egg yolk, legumes
Iron	For the production of red blood cells, which carry oxygen to every part of the body.	Red meat, meat organs (liver, giblets), prune juice, raisins, pumpkins, dark green leafy vegetables
Zinc	Essential for your baby's growth.	Chicken, beef, legumes
Calcium	Important for strong bones and teeth.	Milk and other dairy products
Vitamin A	Helps promote good vision and growth. Strengthens your baby's immune system.	Meat organs, carrots, pumpkins, papaya
Vitamin C	Needed in many important functions of the body, such as growth, healing and protection from infections.	Oranges, papayas, tomatoes
Folate	Needed to make DNA and RNA, genetic materials essential for the production of new cells in the body.	Dark green leafy vegetables such as kai lan and spinach, fruits such as tomatoes and oranges



3

Beri pelbagai makanan yang berkhasiat untuk tumbesaran dan perkembangannya.

Apakah jenis makanan yang anda harus beri kepada bayi anda?

Bayi anda boleh makan kebanyakan jenis makanan, asalkan amaun dan teksturnya sesuai untuk dimakan dan dihadam bagi peringkat umurnya. Jika anda bimbang tentang sesuatu jenis makanan, dapatkan nasihat daripada doktor bayi anda.

Apakah jenis nutrien yang bayi anda perlu?

Berikut ialah beberapa nutrien yang diperlukan oleh bayi anda:

Nutrien	Mengapa ia baik untuk bayi anda	Contoh sumber makanan
Protein	Diperlukan untuk kebanyakan fungsi penting tubuh seperti penghadaman dan perlindungan terhadap penyakit.	Daging, ikan, kuning telur dan kekacang
Zat besi	Untuk menghasilkan sel darah merah yang membawa oksigen ke semua bahagian tubuh.	Daging merah, organ dalaman (hati, jantung, hempedal), jus buah prun, kismis, labu, sayur berdaun hijau
Zink	Penting untuk tumbesaran bayi anda.	Ayam, daging lembu, kekacang
Kalsium	Penting untuk gigi dan tulang yang kukuh	Susu dan hasil tenusu
Vitamin A	Bantu merangsang tumbesaran dan penglihatan. Mengukuhkan sistem imun bayi anda.	Organ dalaman, lobak merah, labu dan betik
Vitamin C	Diperlukan untuk pelbagai fungsi penting tubuh, seperti tumbesaran, pemulihan dan perlindungan daripada jangkitan.	Oren, betik, tomato
Folat	Diperlukan untuk menghasilkan DNA dan RNA, bahan genetik penting bagi penghasilan sel-sel baru dalam tubuh.	Sayur berdaun hijau seperti kai lan dan bayam, buah seperti tomato dan oren



Tips

- Give your baby food from animal sources every day, such as meat, poultry, fish or egg yolk. They are rich sources of protein, iron and zinc.
- When introducing your baby to dairy products, avoid low fat milk, skimmed milk, sweetened condensed milk and creamer. Choose milk with no or less added sugar.
- If your baby is not eating enough milk and food from animal sources, offer cereals and legumes in the same meal.
- Give him fruits and vegetables of different colours.
- Give your baby not more than 100ml or ½ cup of fruit juice a day. This will make sure that his appetite will not be affected during mealtimes.

Let your baby drink fruit juices in moderate amount.

Drinking too much juice can lead to excessive calorie intake, tooth cavities (dental caries), diarrhoea, and digestive problems such as excessive gas, bloating and abdominal pain.

Tip-tip

- Beri bayi anda makanan daripada sumber haiwan setiap hari, seperti daging, ayam, ikan atau kuning telur. Ia adalah sumber yang kaya dengan protein, zat besi dan zink.
- Apabila memperkenalkan hasil tenusu kepada bayi anda, elakkan susu rendah lemak, susu skim, susu pekat manis dan krimer. Pilih susu yang tiada atau kurang kandungan gula tambahan.
- Jika bayi anda tidak minum cukup susu dan makanan daripada sumber haiwan, berikan bijirin dan kacang dalam hidangan yang sama.
- Beri dia buah dan sayur pelbagai warna.
- Beri bayi anda tidak lebih daripada 100ml atau ½ cawan jus buah sehari agar selera bayi tidak terganggu semasa waktu makan.

Beri bayi anda jus dalam amaun yang sederhana.

Terlalu banyak jus boleh menyebabkan pengambilan kalori yang berlebihan, kaviti gigi, cirit-birit, dan masalah penghadaman seperti angin berlebihan, kembung dan sakit perut.

4

Increase the frequency of your baby's feeding according to his age.

- When your baby is **6 to 8 months old**, give him complementary food **2 to 3 times a day** with **1 to 2** nutritious snacks.
- Babies **9 to 11 months old** should be fed **3 to 4 times a day** with **1 to 2** nutritious snacks.
- However, if your baby consumes low amounts of milk or energy-dense food, he may require a higher number of meals.
- You should be attentive to your child's hunger cues when judging how often and how much to feed your baby.

Tingkatkan kekerapan memberi makan mengikut umurnya.

- Apabila bayi anda berumur **6 hingga 8 bulan**, beri dia makanan pelengkap **2 hingga 3 kali sehari** dan **1 hingga 2** snek berkhasiat.
- Bayi berumur **9 hingga 11 bulan** harus diberi makan **3 hingga 4 kali sehari** dan **1 hingga 2** snek berkhasiat.
- Namun, jika bayi anda kurang mengambil susu atau makanan yang padat dengan tenaga, dia mungkin perlu makan lebih kerap.
- Anda harus ambil perhatian tanda-tanda bayi anda lapar untuk menganggarkan berapa kerap dan berapa banyak makanan yang perlu diberi kepadanya.



Common possible hunger cues

- Fussiness
- Crying
- Putting hand in mouth
- Chewing movements
- Turning to you when he sees food or when food is offered

Tanda-tanda biasa yang menunjukkan bayi anda mungkin lapar

- Meragam
- Menangis
- Memasukkan tangan ke dalam mulut
- Membuat gerakan mengunyah
- Berpaling ke arah anda apabila dia nampak makanan atau apabila makanan diberi



Vary food preparation methods as your baby grows older.

Ubah cara menyediakan hidangan apabila umur bayi meningkat.

Tips

- Serve blended, mashed and soft foods to your baby at the age of 6 to 8 months.
- Serve chopped foods at the age of 9 to 12 months.
- Nutritious finger foods can also be given.
- Give family food at the age of 12 months onwards.

A note on finger foods

Your baby's first finger foods should be soft, such as small slices of banana or papaya. When your baby starts teething, you can give him harder foods, such as plain biscuits or toast.

Always supervise your baby when he is enjoying his finger foods, as there is a risk of him choking.

Tip-tip

- Hidangkan makanan yang dikisar, lecek dan lembut kepada bayi anda pada umur 6 hingga 8 bulan.
- Hidangkan makanan yang dicincang pada umur 9 hingga 12 bulan.
- Makanan jejari yang berkhasiat juga boleh diberi.
- Beri makanan keluarga selepas berumur 12 bulan.

Nota mengenai makanan jejari

Makanan jejari pertama bayi anda hendaklah lembut, seperti pisang atau betik yang dipotong kecil. Apabila bayi mula tumbuh gigi, anda bolehlah beri makanan yang lebih keras, seperti biskut tawar atau roti bakar.

Sentiasa awasi bayi anda semasa dia sedang menikmati makanan jejarinya agar tidak tercekik.

Tips to prevent your baby from choking

- Avoid giving chunks of hard food larger than 0.5 cm ($\frac{1}{2}$ of your thumb nail) and supervise your baby during mealtimes to avoid choking.
- Vegetables like carrots, celery, and green beans should be shredded or cooked until soft.
- Cut fruits like grapes into pea-sized pieces before serving.
- Cut meats and cheeses into very small pieces or shred them.
- Remove all bones from fish properly.
- Avoid giving the following to your baby:
 - ✗ Small, hard foods such as candies and nuts
 - ✗ Soft and sticky foods such as jelly or peanut butter

Tip-tip untuk mengelak bayi anda daripada tercekik

- Elak daripada memberi ketulan makanan keras yang lebih besar daripada 0.5sm ($\frac{1}{2}$ kuku ibu jari) dan awasi bayi semasa makan untuk mengelakkan tercekik.
- Sayur seperti lobak merah, batang saderi dan kacang buncis boleh dicincang atau dimasak sehingga lembut.
- Potong buah-buahan seperti anggur sekecil saiz kacang sebelum dihidang.
- Potong kecil atau cincang daging dan keju.
- Buang semua tulang pada isi ikan.
- Elak daripada memberi bayi anda:
 - ✗ Makanan kecil dan keras seperti gula-gula dan kacang
 - ✗ Makanan lembut dan lekit seperti jeli atau mentega kacang.



Cooking For Your Baby

Home-cooked or commercial baby foods?

There are many types of commercial baby foods available in the market, so you may be wondering whether it is easier to give them to your baby instead of preparing his food yourself.

Commercial baby foods are convenient to use such as when you are travelling with your baby, but there are more advantages in giving your baby home-cooked food.

Memasak untuk Bayi Anda

Masak sendiri atau makanan bayi komersial?

Terdapat banyak jenis makanan bayi komersial di pasaran, maka mungkin anda terfikir bahawa memberi bayi anda makanan komersial adalah lebih mudah daripada memasak sendiri.

Makanan bayi komersial memang mudah digunakan, misalnya semasa anda berjalan jauh bersama bayi, tetapi terdapat banyak manfaat memberi bayi makanan yang dimasak sendiri.

Home-cooked is better

- You know exactly what you are feeding your baby.
- You can introduce a wider variety of foods with different tastes and textures to your baby.
- You can also introduce local and natural flavours to your baby.
- It is usually cheaper to prepare foods at home.
- Home-cooked complementary food makes it easier for him to get used to eating family food when he grows older.

Yang dimasak sendiri lebih baik

- Anda tahu apa sebenarnya yang anda beri kepada bayi anda.
- Anda boleh kenalkan pelbagai jenis makanan dengan rasa dan tekstur yang berlainan.
- Anda juga boleh memperkenalkan rasa makanan tempatan dan asli kepada bayi anda.
- Selalunya lebih murah jika masak sendiri.
- Makanan pelengkap yang dimasak sendiri memudahkan bayi membiasakan diri dengan makanan keluarga apabila dia besar kelak.



Let's Get Cooking!

When it comes to your baby's food, you will be doing a lot of blending, mashing and chopping! All these methods produce semi-solid foods that are easier for your baby to enjoy and digest.

Mari Memasak!

Apabila menyediakan makanan bayi, anda akan banyak mengisar, melecek dan mencincang! Semua kaedah ini menghasilkan makanan separa pepejal yang mudah dinikmati dan dihadam bayi anda.

Safety and cleanliness

1. Wash your hands and all utensils thoroughly before handling foods.
2. Do not let raw foods come in contact with cooked foods.
3. Cook all meat thoroughly. Germs may still be present if the meat is not cooked properly.
4. Do not leave foods out in the open at room temperature for more than 2 hours. Keep food covered at all times.
5. Keep leftover foods in a closed container and refrigerate. Freshly cooked foods can be stored for up to 24 hours in the refrigerator or one month in the freezer.
6. When reheating baby food, make sure it is piping hot throughout (usually, there will be steam coming out). Cool the food before you give it to your baby. You can check whether the food is cool enough by testing a small amount of food on the inside of your wrist.

Keselamatan dan kebersihan

1. Cuci tangan dan peralatan dengan bersih sebelum mengendalikan makanan.
2. Jangan biarkan makanan mentah bersentuh dengan makanan yang sudah dimasak.
3. Pastikan daging dimasak secukupnya. Kuman mungkin masih berada di dalam daging jika tidak dimasak dengan betul.
4. Jangan tinggalkan makanan melebihi 2 jam pada suhu bilik. Sentiasa tudungkan makanan.
5. Simpan makanan berlebihan di dalam bekas tertutup di dalam peti sejuk. Makanan baru dimasak boleh disimpan sehingga 24 jam di dalam peti sejuk atau satu bulan di dalam pembeku.
6. Apabila memanaskan semula makanan bayi, pastikan mendidih dan sekata (lazimnya sehingga keluar stim). Sejukkan makanan sebelum diberi kepada bayi. Anda boleh pastikan samada makanan telah sejuk secukupnya dengan meletakkan sedikit makanan di bahagian dalam pergelangan tangan anda.

How to make puree

Pureed foods are great for babies who are just discovering complementary food at 6 months onward.

Cara menyediakan puri

Makanan yang dipuri atau dikisar adalah paling sesuai untuk bayi-bayi yang baru mengenali makanan pelengkap pada umur 6 bulan ke atas.



Clean fruit thoroughly under running water.
Cuci buah dengan menggunakan air yang mengalir.



Remove skin, core and seeds (if present) and cut into cubes or middle-sized pieces.
Buang kulit, empulur serta biji dan potong dadu atau potong sederhana.



If fruit is too hard, steam until soft.
Jika buah terlalu keras, kukus sehingga lembut.



Blend, mash or grate fruit.
Kisar, lecek atau parut buah.



Mix with milk or water to make it soft and runny.
Tambah susu ibu atau air untuk melembut dan mencairkannya.



How to mash

When your baby is older, he is ready to try thicker food. You can begin serving mashed food, such as mashed potatoes, carrots and others.

Bagaimana cara melecek

Apabila umur bayi anda semakin meningkat, dia sudah bersedia untuk mencuba makanan yang lebih pekat. Anda bolehlah memberi makanan yang dilecek, seperti kentang lecek, lobak merah dan sebagainya.



Clean fruit thoroughly under running water.
Cuci buah dengan bersih menggunakan air yang mengalir.



Peel, remove core, and cut into cubes or middle-sized pieces.
Kupas, buang empulur dan potong dadu atau potong sederhana.



If not using soft fruit, steam pieces until soft.
Jika tidak menggunakan buah yang lembut, kukus sehingga lembut.



Place softened fruit in a bowl and mash with a kitchen masher or fork.
Letak buah yang telah lembut ke dalam mangkuk dan lecek menggunakan alat pelecek atau garfu.

How to make fruit juices

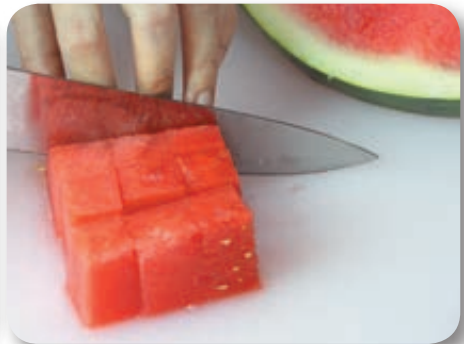
A nutritious thirst quencher for baby 6 months or older.

Bagaimana menyediakan jus buah

Minuman yang berkhasiat untuk bayi 6 bulan ke atas.



Clean fruit thoroughly under running water.
Cuci buah dengan bersih menggunakan air yang mengalir.



Remove core and seeds (if present) and cut into cubes or middle-sized pieces.
Kupas, buang empulur serta biji dan potong dadu atau potong sederhana.



Blend pieces in a blender. If you are not using soft fruit, add 30ml of water.
Kisar menggunakan pengisar. Jika anda tidak menggunakan buah yang lembut, tambahkan 30ml air.



Filter through a sieve.
Tapis menggunakan penapis.

How to make stock

Homemade stock can be added into stews, porridges, cereals, and soups for added taste. Great for baby as well as the whole family!

Cara membuat stok (air rebusan)

Stok buatan sendiri boleh ditambah ke dalam stew, bubur, bijirin, dan sup untuk menambahkan rasa. Baik untuk bayi serta seisi keluarga!

A. Vegetable Stock / Stok Sayuran



Wash vegetables, cut them into pieces and place in a clean pot.

Cuci sayur, potong menjadi kepingan kecil dan masukkan ke dalam periuk bersih.



Add 4 cups of water and boil until vegetables are tender. Turn to low heat and simmer for 30 minutes.

Tambah 4 cawan air dan rebus sehingga sayur lembut. Perlahankan api dan reneh selama 30 minit.



Strain and chill in refrigerator overnight.

Tapis dan sejukkan semalaman di dalam peti sejuk.

- This method produces 800 to 900 ml of stock. You can refrigerate stock for a week or keep it in a freezer for a month.
- The remaining veggies could be blended and added to your baby's food.
- Kaedah ini menghasilkan 800 hingga 900 ml stok. Anda boleh menyimpannya selama seminggu di dalam peti sejuk atau sebulan di dalam pembeku
- Baki sayuran boleh dikisar dan ditambah ke dalam makanan bayi anda.

This method produces 800 to 900 ml of stock. You can refrigerate stock for a week or keep it in a freezer for a month.

Kaedah ini menghasilkan 800 hingga 900 ml stok. Anda boleh menyimpannya selama seminggu di dalam peti sejuk atau sebulan di dalam pembeku.

B. Chicken Stock / Stok Ayam



Remove fat, skin and blood clots from 800g of assorted chicken carcass. Wash thoroughly. Buang lemak, kulit dan darah beku dari tulang ayam. Cuci bersih.



Remove heads and entrails from 2 cups of dried ikan bilis. Buang kepala dan perut dari 2 cawan ikan bilis kering.



Boil chicken bones and ikan bilis in 4 cups of water. Upon boiling, turn to low heat and simmer for 30 minutes. Rebus tulang ayam dan ikan bilis bersama 4 cawan air. Apabila mendidih, rendahkan api dan reneh selama 30 minit.



Strain and chill in refrigerator overnight. Remove the top layer of fat from chilled stock. Tapis dan sejukkan semalaman di dalam peti sejuk. Buang lapisan minyak di atas dan sejukkan stok.

Preparing chopped foods

When your baby has learned how to chew, he is ready to enjoy chopped foods. You can start adding shredded meat and chopped vegetables to his cereals and porridges. Refer to the next chapter for great recipes for your baby.

Menyediakan makanan cincang

Setelah bayi anda belajar mengunyah, dia kini bersedia untuk menikmati makanan cincang. Anda bolehlah mula menambah daging dan sayur yang dicincang ke dalam bijirin dan bubur. Lihat bab seterusnya bagi resepi-resepi untuk bayi anda.

Good examples of chopped food your baby will enjoy

- Cooked and diced vegetables
- Slices of fruit such as banana (halve or quarter the slices at first), peeled apple, pear, melon, mango and ciku
- Soft fruit that you can offer on a spoon, such as papaya and dragon fruit
- Slices of cucumber (peeled at first)
- Cubes of cheese (avoid soft cheeses)
- Rice cakes
- Mashed potatoes and sweet potatoes
- Well-cooked pasta cut into small pieces
- Well cooked and mashed beans
- White fish in small flakes (remove all the bones first!)



Contoh makanan cincang yang sesuai untuk bayi anda

- Sayur yang dimasak dan dicincang
- Hirisan buah seperti pisang (pada mulanya, sebelah atau suku hiris), epal, pir, tembikai, manga dan ciku yang dikupas
- Buah lembut yang anda boleh beri menggunakan sudu seperti betik dan buah naga (dragon fruit)
- Hirisan timun (pada mulanya dikupas)
- Ketulan keju (elakkan keju lembut)
- Apam beras
- Kentang dan keledak lecek
- Pasta yang dimasak hingga lembut dan dipotong kecil
- Kekacang yang dimasak hingga lembut dan dilecek
- Kekisi ikan yang kecil (buang semua tulang dahulu!)

Storing and keeping baby's food

Many mothers, especially working mothers, find that it saves time to prepare baby's meals for the entire week ahead during the weekend. The food can be kept in the freezer in small portions. When it's time for baby to eat, just thaw the required portions of the frozen food, add some vegetables and heat until boiling.

Here is how you can store baby's food using an ice cube tray.



Menyimpan makanan bayi anda

Ramai ibu, terutama yang bekerja, mendapati yang mereka boleh menjimat masa dengan menyediakan makanan bayi pada hujung minggu untuk bekalan seminggu. Makanan tersebut boleh disimpan di dalam pembeku dalam bahagian-bahagian kecil. Apabila hendak memberi bayi makan, cairkan sahaja seberapa banyak bahagian makanan beku yang diperlukan. Tambah sayur dan didihkan.

Berikut adalah cara anda boleh menyimpan makanan bayi menggunakan bekas kiub ais.

Using an ice cube tray

1. Clean the ice cube tray with warm soapy water.
2. Pour your puree into the ice cube tray.
3. Cover the tray with plastic wrap.
4. Place the tray in your freezer. You can store food for up to a month in this manner.
5. If you run out of space in the ice cube tray, you can pop out the cubes and keep them in a freezer bag. Make sure you label and date the bag.
6. To thaw the "baby food cubes", place the required number of cubes in a small bowl and place this bowl in a bigger bowl containing hot water. The cubes will thaw after 10 to 20 minutes.

Menggunakan bekas kiub ais

1. Cuci bekas kiub ais dengan air suam yang bersabun.
2. Tuang puri anda ke dalam bekas kiub ais.
3. Tutup bekas dengan pembalut plastik.
4. Letak bekas ke dalam pembeku. Dengan mengguna cara ini, anda boleh simpan makanan sehingga sebulan.
5. Jika anda tidak cukup tempat, anda boleh keluarkan kiub-kiub dan simpan di dalam beg plastik pembeku. Pastikan anda melabel nama hidangan dan tarikh pada beg.
6. Untuk mencairkan "kiub makanan bayi", letak jumlah kiub yang diperlukan ke dalam mangkuk kecil yang diletakkan ke dalam mangkuk besar yang mengandungi air panas. Kiub-kiub akan cair dalam masa 10 hingga 20 minit.

Each cube weighs about 20g, so you will have a good idea of how much food you are giving your baby. This method also allows you to store a variety of home-made baby food, cutting down on the time you need to spend in the kitchen.

Anggaran berat setiap kiub ialah 20g, oleh itu anda boleh anggarkan berapa banyak makanan yang diberi kepada bayi anda. Dengan cara ini anda juga boleh menyimpan pelbagai jenis makanan bayi yang dimasak sendiri, menjimatkan masa anda di dapur.

Conventional refrigerating

Storing baby food in the refrigerator may seem convenient at first, but this method is actually one of the **least convenient and safe methods available**. Baby food can be contaminated by germs even when refrigerated, so do not store your baby food for more than 48 hours.

If you choose to store your baby's food in the refrigerator, remove individual servings from the container when you wish to feed your baby. Do not feed directly from the container, as your baby's saliva will contaminate the remaining food in the container.

Penyejukan biasa

Sekali pandang, menyimpan makanan bayi di dalam peti sejuk nampak mudah tetapi sebenarnya cara ini adalah **cara yang paling sukar dan tidak selamat**.

Makanan bayi boleh tercemar dengan kuman walaupun selepas disejukkan.

Oleh yang demikian, janganlah simpan makanan bayi anda lebih dari 48 jam di dalam peti sejuk.

Jika anda memilih untuk menyimpan makanan bayi di dalam peti sejuk, asingkan bahagian yang diperlukan dari bekas simpanan apabila hendak memberi bayi makan. Jangan beri bayi makan terus dari bekas kerana air liur bayi boleh mencemar baki makanan di dalam bekas.



Healthy. Happy. Homemade.

0%
BPA

Introducing your baby to a variety of fresh foods at an early age sets the stage for a lifetime of healthy habits. Fresh is always best and by preparing simple homemade meals, you can be sure your baby will be getting the valuable vitamins and minerals they need.



The Philips AVENT Combined Steamer and Blender makes preparing delicious meals for your baby easy. Simply steam fruits, vegetables, fish or meat and then flip the jug over to blend – no mess and no waste! And since steaming helps preserve the nutrients and natural flavours of the food, you will know your child is getting the very best.



Alternatively, if you simply wish to blend home prepared food without steaming, the Philips AVENT Mini Blender is the perfect solution. Powerful and quick, food is blended in seconds and can be stored in the six handy pots included so that you can create numerous perfect-sized portions to store in the fridge or freezer.

Both the Philips AVENT Combined Steamer and Blender as well as the Mini Blender are ideal for each stage of solid feeding, so you can introduce your baby to foods with a variety of colours and different textures to make meal times fun and nutritious. Both also have a great recipe book that's full of tasty ideas, so go on, make mealtimes something your baby will look forward to!



Combined
Steamer
and Blender

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1 800-880-180



Check out our products on iOS now!

PHILIPS
AVENT



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

Easy 'N Healthy Recipes

Looking for inspiration in the kitchen? Here are some recipes for simple-to-prepare and nutritious meals for your baby.

Resipi-resipi mudah dan berkhasiat

Mencari inspirasi di dapur? Berikut adalah beberapa resipi mudah untuk menyediakan makanan yang berkhasiat untuk bayi anda.

6-8 months
bulan

Mashed Sweet Potato

Keledek Lecek

Cooking time: 15 minutes

Serves 4

Ingredients:

- 1 small sweet potato
- 2 tbsp milk
- ¼ tsp extra virgin olive oil

Method:

1. Peel sweet potato and cut into small chunks.
2. Steam sweet potato chunks for 15 minutes or until tender.
3. Puree the chunks into a thick smooth paste.
4. Pour into a bowl and add in milk and olive oil before serving.

Masa memasak: 15 minit

Hidangan untuk 4

Ramuan:

- 1 biji ubi keledek kecil
- 2 sudu besar susu
- ¼ sudu kecil minyak zaitun

Kaedah:

1. Kupas ubi keledek dan dipotong dadu.
2. Kukus ketulan keledek selama 15 minit atau sehingga lembut.
3. Puri ketulan sehingga menjadi pes yang sebatih dan pekat.
4. Tuangkan ke dalam mangkuk dan masukkan susu dan minyak zaitun sebelum dihidangkan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	34
Protein / Protein (g)	0.6
Carbohydrate / Karbohidrat (g)	6.3
Fat / Lemak (g)	0.7

Tip

Use breast milk instead of ordinary milk. Breast milk contains protective substances that can help protect your baby from infections.

Tip

Gunakan susu ibu dan bukannya susu biasa. Susu ibu mengandungi bahan pelindung yang boleh membantu melindungi bayi anda daripada jangkitan.



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

Oat Cereal With Fruit Puree

Bijirin Oat Dengan Puri Buah

Cooking time: 15 minutes

Serves 4

Ingredients:

- ¼ cup of ground oats
- ¾ cup water
- 1 small apple, peeled, cored and diced
- 2 heaped tbsp of chopped ripe mangoes
- 4 tbsp of milk

Method:

1. Add ground oats into boiling water, stirring constantly.
2. Simmer for 5 minutes, whisking constantly.
3. Add milk and pour mixture into a bowl.
4. Steam diced apples and mangoes for 10 minutes or until tender.
5. Then, blend diced apples and mangoes for 5 seconds to a smooth consistency.
6. Pour the apple puree over the oats cereal.

Masa memasak: 15 minit

Hidangan untuk 4

Ramuan:

- ¼ cawan bijirin oat yang telah dikisar
- ¾ cawan air
- 1 biji epal, dikupas, dibuang biji dan dipotong dadu
- 2 sudu besar manga yang telah dihiris
- 4 sudu besar susu

Kaedah:

1. Campurkan bijirin yang telah dikisar ke dalam air yang mendidih, dikacau sentiasa.
2. Didihkan selama 5 minit, pukul sehingga sebatu.
3. Campurkan susu dan tuangkan ke dalam mangkuk.
4. Kukus epal dan mangga yang telah dipotong dadu selama 10 minit atau sehingga lembut.
5. Kemudian, kisar ketulan epal dan mangga selama 5 saat sehingga sebatu
6. Tuangkan puri epal ke atas bijirin oat.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	45
Protein / Protein (g)	1.2
Carbohydrate / Karbohidrat (g)	7.8
Fat / Lemak (g)	1.0

Tip

A steamer blender could help save time in the kitchen!

Tip

Alat pengukus dan pengisar boleh membantu menjimatkan masa di dapur!



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

6-8 months
bulan

Chicken & Tomato Stew

Stew Ayam & Tomato

Cooking time: 15 minutes

Serves 4

Ingredients:

- 150 g boneless, skinless chicken breast
- 1 ripe tomato

Method:

1. Cut the chicken into small pieces.
2. Cube the tomato.
3. Steam the chicken dan tomato for 15 minutes.
4. Puree the chicken dan tomato until a thick smooth paste
5. Serve when slightly cool.

Masa memasak: 15 minit

Hidangan untuk 4

Ramuan:

- 150 g dada ayam tanpa tulang dan kulit
- 1 biji tomato masak

Kaedah:

1. Potong ayam menjadi kepingan kecil.
2. Tomato dipotong dadu.
3. Kukus ayam dan tomato selama 15 minit.
4. Puri ayam dan tomato sehingga menjadi pes yang pekat dan sebatl.
5. Hidangkan apabila masakan tidak terlalu panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	57
Protein / Protein (g)	7.0
Carbohydrate / Karbohidrat (g)	0.9
Fat / Lemak (g)	2.9

Tip

Add other vegetable pieces such as carrots to increase the nutritional value of this dish.

Tip

Tambah kepingan sayuran lain seperti lobak merah untuk meningkatkan nilai nutrisi bagi masakan ini.



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

6-8 months
bulan

Pear Smoothie

Smoothie Buah Pir

Cooking time: 10 minutes

Serves 2

Ingredients:

- 1 ripe pear
- 2 tbsp milk

Method:

1. Peel the skin of the pear and cut the fruit into small pieces.
2. Steam pear pieces for 10 minutes or until tender.
3. Blend these pear pieces for about 5 seconds or until there are no chunks.
4. Pour into a bowl and mix in milk.
5. Serve slightly cooled.

Masa memasak: 10 minit

Hidangan untuk 2

Ramuan:

- 1 biji pir masak
- 2 sudu besar susu

Kaedah:

1. Kupas kulit buah pir dan potong kecil.
2. Kukus potongan pir selama 10 minit atau sehingga lembut.
3. Kisar potongan pir selama 5 saat atau sehingga tiada lagi ketulan.
4. Tuangkan ke dalam mangkuk dan campurkan susu.
5. Hidangkan apabila sejuk.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	37
Protein / Protein (g)	0.9
Carbohydrate / Karbohidrat (g)	6.5
Fat / Lemak (g)	0.8

Tip

A cool smoothie can help soothe sore gums when your baby is teething.

Tip

Smoothie sejuk boleh membantu melegakan gusi sakit apabila bayi anda sedang tumbuh gigi



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

Steamed Banana & Papaya Puree

6-8 months
bulan

Pisang Stim & Puri Betik

Cooking time: 10 minutes

Serves 4

Ingredients:

- 1 banana, peeled
- 1 cup of diced papaya, peeled & deseeded
- 4 tbsp of milk

Method:

1. Slice the banana and cut into chunks.
2. Steam these chunks and the diced papaya together for 10 minutes.
3. Mash the fruits using fork until a desired texture is achieved.
4. Pour into a bowl and mix in milk.

Masa memasak: 10 minit

Hidangan untuk 4

Ramuan:

- 1 biji pisang, dikupas
- 1 cawan betik, dikupas, dibuang biji dan dipotong dadu
- 4 sudu besar susu

Kaedah:

1. Potong buah pisang menjadi beberapa bahagian kecil.
2. Kukus potongan pisang bersama betik yang dipotong dadu selama 10 minit.
3. Lecekkkan buah-buahan menggunakan garfu megikut tekstur yang dikehendaki.
4. Tuangkan ke dalam mangkuk dan campurkan dengan susu.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	40
Protein / Protein (g)	1.4
Carbohydrate / Karbohidrat (g)	6.8
Fat / Lemak (g)	0.8

Tip

Use breast milk instead of ordinary milk. Breast milk contains protective substances that can help protect your baby from infections.

Tip

Gunakan susu ibu dan bukannya susu biasa. Susu ibu mengandungi bahan pelindung yang boleh membantu melindungi bayi anda daripada jangkitan.



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

Pumpkin & Barley Porridge With Fish

Bubur Buah Labu & Barli Dengan Ikan

Cooking time: 45 minutes

Serves 3

Ingredients:

- 1 cup of chopped sweet pumpkin, peeled and deseeded
- ½ a piece of fish fillet, cubed
- 1 tbsp of barley
- 2 tbsp of rice
- 4 tbsp milk

Method:

1. Place the rice & barley into a rice cooker or pot and boil with 2 cups of water on low flame for about 30 minutes until fine and tender.
2. For a finer texture, the barley and rice porridge can be blended for 3 seconds after it has cooled down slightly.
3. Steam chopped sweet pumpkin pieces and fish for 15 minutes or until tender.
4. Blend these pieces for 10 seconds.
5. Pour into a bowl and mix milk into barley and rice porridge until well combined.

Masa memasak: 45 minit

Hidangan untuk 3

Ramuan:

- 1 cawan buah labu yang dikupas, dibuang biji dan dicincang
- ½ keping filet ikan, dipotong dadu
- 1 sudu besar barli
- 2 sudu besar beras
- 4 sudu besar susu

Kaedah:

1. Masukkan beras dan barli ke dalam periuk dan rebus dengan 2 cawan air dengan api yang kecil selama 30 minit sehingga lembut dan halus.
2. Untuk tekstur yang halus, barli dengan bubur nasi boleh dikisar selama 3 saat apabila hidangan telah sejuk.
3. Kukus potongan labu dan ikan selama 15 minit atau sehingga lembut.
4. Kisar potongan ini selama 10 saat.
5. Tuangkan ke dalam mangkuk dan campurkan susu ke dalam bubur barli dan nasi sehingga sebatu.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	91
Protein / Protein (g)	3.4
Carbohydrate / Karbohidrat (g)	16.5
Fat / Lemak (g)	1.3

Tip

Fish contains high quality protein

Tip

Ikan mengandungi protein berkualiti tinggi



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

9-12 months
bulan

Banana & Oats Snack

Snek Pisang & Bijirin Oat

Cooking time: 30 minutes
Serves 4

Ingredients:

- 1 ripe banana, cut into small slices
- ½ cup of oats

Method:

1. Grind the oats in a blender or food processor.
2. Steam banana slices for 10 minutes.
3. Place the slices in a bowl and add ground oats.
4. Knead the mixture to form sticky dough.
5. Cut the dough into smaller-sized pieces appropriate for your baby.
6. Place the pieces 1 inch apart on a silicon baking sheet and bake for 15 minutes until golden brown.
7. Cool before serving.

Masa memasak: 30 minit
Hidangan untuk 4

Ramuan:

- 1 biji pisang masak, dipotong menjadi potongan kecil
- ½ cawan bijirin oat

Kaedah:

1. Kisar bijirin oat menggunakan pengisar atau alat pemproses makanan.
2. Kukus hirisan pisang selama 10 minit.
3. Letakkan hirisan ke dalam mangkuk dan campurkan oat yang telah dikisar.
4. Uli campuran untuk membentuk doh yang melekit.
5. Potong doh menjadi kepingan bersaiz kecil yang sesuai untuk bayi anda.
6. Letakkan kepingan dengan jarak 1 inci di atas kertas silikon dan bakar selama 15 minit sehingga perang keemasan.
7. Hidangkan apabila sejuk.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	55
Protein / Protein (g)	1.5
Carbohydrate / Karbohidrat (g)	11.1
Fat / Lemak (g)	0.5

Tip

Use cookie cutters to cut the dough into smaller pieces of different shapes! This recipe will produce a soft wholesome cookie for the baby to chew as a snack.

Tip

Gunakan pemotong biskut untuk memotong doh menjadi kepingan kecil dalam pelbagai bentuk! Resipi ini akan menghasilkan biskut yang lembut dan berkhasiat untuk bayi anda kunyah sebagai snek.



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

Mini Alphabet Pasta With Pesto

Pasta Abjad Mini Dengan Pesto

Cooking time: 25 minutes

Serves 4

Ingredients:

- ½ cup of mini alphabet pasta
- 100 g boneless, skinless chicken breast, cut into small pieces
- 1 cup of broccoli, chopped into small pieces
- ½ cup of frozen peas
- 1 cup of cauliflower, chopped into small pieces

Method:

1. Boil pasta for 6 minutes. Drain and scoop into a bowl.
2. Wash the vegetables and steam with the chicken for 20 minutes or until tender.
3. Chop the vegetables and chicken or blend the mixture coarsely.
4. Pour mixture onto the pasta and serve.

Masa memasak: 25 minit

Hidangan untuk 4

Ramuan:

- ½ cawan pasta abjad mini
- 100 g dada ayam tanpa tulang dan kulit, dipotong kecil
- 1 cawan brokoli kecil, dipotong kecil
- ½ cawan kacang pis sejukbeku
- 1 cawan kobis bunga, dipotong kecil

Kaedah:

1. Rebus pasta selama 6 minit. Toskan air dan cedukkan ke dalam mangkuk.
2. Basuh sayur-sayuran dan kukus dengan ayam selama 20 minit atau sehingga lembut.
3. Potong sayur-sayuran dan ayam atau kisar campuran itu dengan kasar.
4. Tuangkan campuran ke atas pasta dan hidangkan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	107
Protein / Protein (g)	8.4
Carbohydrate / Karbohidrat (g)	13.6
Fat / Lemak (g)	2.1

Tip

Pour on more pesto onto the pasta for added goodness from the veggies.

Tip

Tuang lebih sos pesto ke atas pasta untuk mendapat lebih khasiat dari sayuran.



*Recipe courtesy of
Chef Marina Mustafa
*Resipi sumbangan
Chef Marina Mustafa

9-12 months
bulan

Rice Porridge With Chicken & Carrots

Bubur Nasi Dengan Ayam & Lobak Merah

Cooking time: 20 minutes
Serves 5

Ingredients:

- ½ a cup of rice
- 150 g skinless and boneless chicken breast, chopped into small pieces
- 1 small carrot, peeled and chopped into cubes
- ½ tsp of extra virgin olive oil

Method:

1. Boil the chicken and carrot cubes with the rice with 1 cup of water for 30 minutes in a covered pot over medium low flame.
2. Scoop the cooled rice porridge into a bowl.
3. When serving, drizzle the extra virgin olive oil over the porridge.

Masa memasak: 20 minit
Hidangan untuk 5

Ramuan:

- ½ cawan beras
- 150 g dada ayam tanpa kulit dan tulang, dipotong kecil
- 1 lobak merah kecil, dikupas dan dipotong dadu
- ½ sudu kecil minyak zaitun

Kaedah:

1. Rebus ayam dan kiub lobak merah dengan beras bersama 1 cawan air selama 30 minit dalam periuk tertutup di atas api sederhana rendah.
2. Sendukkan bubur nasi yang telah disejukkan ke dalam mangkuk kecil.
3. Apabila dihidangkan, titiskan minyak zaitun ke atas bubur nasi.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	120
Protein / Protein (g)	7.0
Carbohydrate / Karbohidrat (g)	16.5
Fat / Lemak (g)	2.9

Tip

You can include more vegetables or replace carrot with other types of vegetables to ensure that your baby enjoy a wide variety of vegetables.

Tip

Anda boleh masukkan lebih banyak sayur-sayuran atau menggantikan lobak merah dengan sayur-sayuran lain untuk memastikan bayi anda menikmati pelbagai jenis sayuran.



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

9-12 months
bulan

Creamy Corn, Cauliflower & Fish Soup

Sup Krim Jagung, Kobis Bunga & Ikan

Cooking time: 15 minutes

Serves 3

Ingredients:

- ½ piece of fish fillet
- ¼ cup frozen corn, washed
- 1 cup of cauliflower, washed and chopped into small pieces
- ¼ cup of milk

Method:

1. Steam fish and cauliflower for 15 minutes or until tender.
2. Cook the corn for 20 minutes in a cup of boiling water until tender.
3. Chop the vegetables or blend the mixture coarsely.
4. Blend the corn finely with the milk.
5. Serve warm.

Masa memasak: 15 minit

Hidangan untuk 3

Ramuan:

- ½ keping filet ikan
- ¼ cawan jagung sejukbeku, dibasuh
- 1 cawan kobis bunga, dicuci dan dipotong kecil
- ¼ cawan susu

Kaedah:

1. Kukus ikan dan kobis bunga selama 15 minit atau sehingga lembut.
2. Masak jagung selama 20 minit di dalam secawan air mendidih sehingga lembut.
3. Potong sayur-sayuran atau kisar dengan kasar.
4. Kisar jagung sehingga sebati dengan susu.
5. Hidangkan semasa panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	99
Protein / Protein (g)	4.9
Carbohydrate / Karbohidrat (g)	15.4
Fat / Lemak (g)	2.1

Tip

It is important to note that the corn must be cooked well until very tender as the husk of the corn may cause choking. Alternatively, a canned corn stew can be used.

Tip

Adalah penting untuk memastikan bahawa jagung perlu dimasak sehingga lembut kerana sekam jagung boleh menyebabkan bayi tercekik. Sebagai alternatif, jagung rebus dalam tin boleh digunakan.



*Recipe courtesy of Chef Marina Mustafa
*Resipi sumbangan Chef Marina Mustafa

9-12 months
bulan

Chicken & Tofu Mee Sua

Ayam & Tauhu Mee Sua

Cooking time: 15 minutes

Serves 4

Ingredients:

- 100 g of boneless, skinless chicken breast, cut into small pieces
- 1 tbsp olive oil
- 1 small red onion, blended
- 1 clove of garlic, blended
- 1 piece of tofu, cut into small pieces
- ½ cup of pumpkin, steamed
- 1 knot of mee sua

Method:

1. Soak mee sua in boiling water for a few seconds or until soft.
2. Drain and place the mee sua in a bowl.
3. Marinade the chicken pieces with the blended onion & garlic for 15 minutes.
4. Boil the marinated chicken and tofu pieces in ¾ cup of water for 15 minutes or until the chicken is thoroughly cooked.
5. Pour the chicken & tofu soup over the mee sua and serve.

Masa memasak: 15 minit

Hidangan untuk 4

Ramuan:

- 100 g dada ayam tanpa tulang dan kulit, dipotong kecil
- 1 sudu besar minyak zaitun
- 1 biji bawang merah kecil, dikisar
- 1 ulas bawang putih, dikisar
- 1 keping tauhu, dipotong kecil
- ½ cawan labu, distim
- 1 simpul mee sua

Kaedah:

1. Rendamkan mee sua dalam air didih selama beberapa saat atau sehingga lembut.
2. Toskan dan letakkan mee sua ke dalam mangkuk.
3. Perapkan ketulan ayam dengan bawang merah kecil dan bawang putih yang telah dikisar selama 15 minit.
4. Didihkan ayam yang telah diperap dan kepingan tauhu dalam ¾ cawan air selama 15 minit atau sehingga ayam masak sepenuhnya.
5. Tuangkan sup ayam dan tauhu ke atas mee sua dan hidangkan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Energy / Tenaga (kcal)	112
Protein / Protein (g)	8.3
Carbohydrate / Karbohidrat (g)	10.0
Fat / Lemak (g)	4.3

Tip

Meat may be contaminated with germs that can harm your baby's immature digestive system, so make sure that all meats are thoroughly cooked.

Tip

Daging mungkin dicemari kuman yang boleh memudaratkan sistem penghadaman bayi, jadi pastikan bahawa semua daging telah dimasak dengan sempurna.

Small Bowl*

Perfect for first feeding and snacks.



6m+

Weaning Spoons†

Soft tip spoons – gentle on baby's gums.
Long, easy grip handles – ideal for adult hands and for deep jars.

6m+

Large Bowl*

Ideal for growing toddlers. Easy-scoop sides make self-feeding easier.



12m+



12m+

Toddler Divider Plate*

Keeps foods separate making it ideal both for fussy eaters and for introducing new meals.

Customisable Learning Spoon†

Specially designed for learning to self-feed.
Easy-clean and dishwasher-safe.



6m+

NEW!

Toddler Fork and Spoon†

Specially designed for learning to self-feed with easy grip for little hands and deep scoop spoon and fork.



12m+



18m+

Toddler Knife, Fork and Spoon†

Toddler's first knife, fork and spoon set with easy grip handles and round edged training knife – ideal for self-feeding.

* All plates and bowls have anti-slip bases to keep stable, help prevent spills and are dishwasher – and microwave-safe.

† All cutlery is dishwasher safe.



0%
BPA

Encourage eating through fun learning

Eating well gives your child the energy they need to learn and grow, helping them stay healthy, maintain a healthy weight and establish good lifelong eating habits. However, keeping your child's interest in their food at mealtimes can be challenging, which can be worrying indeed.



Philips AVENT understands your concerns, so by working closely with leading child psychologist and nutritionist Dr. Gillian Harris, we have developed a complete range of bowls, plates, cups and cutlery aimed to help engage your little ones at mealtimes with fun and educational storytelling designs.

Led by our hero rabbit, your child will be able to learn with him and his friends

by creating stories through their world of colours and counting. They also cleverly help to explain where food comes from, so your child can develop a healthy interest in what they eat.

Thanks to Philips AVENT, now our rabbit and friends can help your little ones eat happily ever after...as easy as 1, 2, 3!

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1.800-880-180  Check out our products on iOS now!

PHILIPS
AVENT

The Art Of Feeding

Introducing complementary food to your baby

- Introduce a little food on the spoon before a milk feed, when the baby is alert and hungry.
- When introducing foods with new textures and flavours, start with a small amount (about ½ teaspoon). If your baby doesn't like the food, try diluting it with familiar foods such as breast milk or rice porridge.
- Do not omit certain foods for your baby just because you don't like it or you think he won't like it. Give your baby a chance to develop his own likes and dislikes.
- As you feed, smile and talk to your baby. He will be encouraged to try out new foods by your soothing voice.
- Make mealtimes fun. For example, when baby appears to be particularly disinterested, you can pretend that the spoon is an aeroplane flying to deliver food to your baby's mouth!
- Use attractive serving plates, bowls and cutlery to stimulate the baby's interest in foods as well as to encourage them to try to self-feed.

It is common for your baby to eat only a small amount of food (such as one teaspoonful) when you first begin to complementary feed. This is normal especially in the first week so **don't force him to eat more.** Your baby's appetite will grow as time passes.

Seni Memberi Makan

Memperkenalkan makanan pelengkap kepada bayi anda

- Beri sedikit makanan menggunakan sudu, sebelum memberi bayi susu, semasa dia sedang cergas dan lapar.
- Apabila memperkenalkan makanan yang mempunyai tekstur dan rasa baru, mulakan sedikit dahulu (anggaran ½ sudu teh). Jika bayi anda tidak menyukainya, cuba cairkan dengan sedikit makanan yang dia biasa seperti susu ibu atau bubur nasi.
- Jangan elak dari memberi sesuatu makanan hanya kerana anda sendiri tidak menyukainya atau anda fikir yang bayi anda tidak akan menyukainya. Beri peluang kepada bayi anda untuk menentukan sendiri apa yang dia gemar atau tidak gemar.
- Senyum dan bercakap dengan bayi sambil anda menyuapnya. Suara anda yang tenang akan menggalakkan dia untuk cuba makanan baru.
- Jadikan masa makan seronok. Contohnya, apabila bayi nampak kurang berminat, anda boleh berpura-pura yang sudu adalah sebuah kapal terbang yang terbang untuk menghantar makanan ke dalam mulutnya.
- Guna pinggan, mangkuk dan sudu yang menarik untuk menarik minat bayi terhadap makanan serta menggalakkan mereka untuk cuba makan sendiri.

Lazimnya, apabila anda baru memulakan makan makanan pelengkap, bayi hanya makan sedikit sahaja (contohnya, satu sudu teh penuh). Ini adalah biasa terutama pada minggu pertama, oleh itu jangan paksa bayi untuk makan lebih. Lama kelamaan, selera bayi akan bertambah.



Food allergy and your baby

If your family has a history of food allergy, introduce new food to your baby gradually so that you can determine whether he is allergic to the new food.

Introduce one new food at a time. Wait four days before introducing another new food, so that your baby has enough time to get used to and accept the new foods. You can also spot any allergic reaction that may arise during that period.

Some signs of possible foods allergy

- Your baby suffers from severe skin rash after a meal.
- Your baby vomits most or all foods he has recently eaten.
- He produces loose and very watery stools eight or more times a day, or has blood in the stools.

Consult your doctor at once!

Alahan dan bayi anda

Jika keluarga anda mempunyai sejarah alahan makanan, perkenalkan makanan baru kepada bayi anda secara berperingkat agar anda boleh pastikan samada bayi anda alah kepada sesuatu makanan baru tersebut.

Kenalkan makanan baru satu per satu. Tunggu selama 4 hari sebelum memperkenalkan makanan baru yang lain, agar bayi anda sempat membiasakan diri dan menerima makanan baru itu. Anda juga boleh perhatikan sebarang reaksi alahan yang mungkin berlaku dalam tempoh itu.

Beberapa tanda kemungkinan alahan makanan

- Bayi anda mendapat ruam yang teruk selepas makan.
- Bayi anda muntahkan kebanyakan atau kesemua makanan yang baru dimakan.
- Najisnya cair dan dia membuang air besar lapan kali atau lebih dalam sehari, atau terdapat darah di dalam najis.

Jumpa doktor anda dengan segera!

The joys of eating together

Mealtime is an important moment for the members of your family, including your baby, to communicate and bond with each other. Try to make family mealtimes a relaxed and social moment when family members can converse, nurture and get to know each other better. Family interactions will help your baby cultivate social skills that will be useful when he grows older.

Keseronokan makan bersama

Waktu makan adalah masa penting untuk ahli-ahli keluarga termasuk bayi anda, berkomunikasi dan berhubungan antara satu sama lain. Cuba jadikan waktu makan keluarga masa yang tenang dan sosial, di mana ahli keluarga boleh berbual, mendidik dan berkenalan dengan lebih rapat. Interaksi antara ahli keluarga akan membantu memupuk kemahiran bersosial yang berguna untuk bayi anda apabila dia dewasa kelak.

Why won't your baby eat?

Possible reason	What you can do
Your baby is simply not hungry.	Avoid giving your baby snacks between meals if he doesn't show much interest in his meals. If you wish to give him a snack, opt for juices or milk at least 1 to 2 hours before mealtimes.
Your baby is distracted.	Minimise mealtime distractions, such as by switching off the TV and putting away his toys.
Your baby is too tired.	Perhaps he's had a long and tiring day, or perhaps he missed his afternoon nap. When this happens, breastfeed your baby and let him have his nap. Regular nap times for your baby can help minimise this problem.
Your baby is feeling unwell.	Check for other signs of possible illness (such as high temperature) and consult your doctor.

Mengapa bayi anda enggan makan?

Sebab-sebab yang munasabah	Apa anda boleh lakukan
Bayi anda tidak lapar.	Elak daripada memberi bayi anda snek di antara waktu makan jika dia tidak berminat dengan makanannya. Jika anda hendak memberi dia snek, pilihlah jus atau susu sekurang-kurangnya 1 hingga 2 jam sebelum waktu makan.
Bayi anda tidak dapat menumpukan perhatian.	Kurangkan gangguan semasa waktu makan, contohnya menutup televisyen dan menyimpan barang permainannya.
Bayi anda terlalu letih.	Mungkin dia keletihan atau dia tidak tidur petang. Apabila ini berlaku, susukan bayi anda dan biarkan dia tidur sebentar. Waktu tidur yang tetap boleh bantu mengurangkan masalah ini.
Bayi anda tidak sihat.	Perhatikan tanda-tanda lain yang mungkin menunjukkan dia tidak sihat (seperti demam) dan dapatkan nasihat doktor.

When your baby is ill

- Give him more water and other fluids. Keep breastfeeding often.
- Offer your baby his favourite foods. Choose those that are soft for easier digestion.
- After your baby recovers, let him eat more frequently and give him a little bit more food each time. This makes up for the nutrients and weight he had lost during his illness.

Apabila bayi anda tidak sihat

- Beri dia lebih air atau cecair lain. Teruskan penyusuan susu ibu dengan kerap.
- Beri bayi anda makanan yang dia gemar. Pilih yang lembut agar mudah dihadam.
- Setelah dia pulih, beri dia makan dengan kerap dan tambahkan sedikit makanan setiap kali makan. Ini akan menggantikan nutrien dan berat badan yang dia hilang semasa sakit.



Is your baby full?

Since your baby can't speak, he communicates with you using sounds and gestures when he wants to let you know that he is full. Knowing these cues will help you determine whether your baby has eaten enough during a meal.

Signs that your child may be full after a meal

- Closing mouth as spoon approaches
- Batting away or refusing the spoon
- Shows signs of wanting to leave the table or chair
- Becomes distracted by his surroundings

Adakah bayi anda kenyang?

Memandangkan bayi anda belum boleh bertutur, dia berkomunikasi dengan anda menggunakan bunyi dan isyarat apabila hendak mengatakan yang dia sudah kenyang. Mengetahui tanda-tanda isyarat ini akan bantu anda menentukan samada bayi anda sudah kenyang.

Tanda-tanda yang anak anda mungkin sudah kenyang

- Menutup mulut apabila sudu didekatkan.
- Menolak atau enggan menerima sudu.
- Menunjukkan tanda-tanda hendak meninggalkan tempat meja atau kerusi.
- Terganggu dengan persekitarannya.



Travelling with your baby

Planning a trip back to the kampung during the holiday season? It can be a challenge to prepare your baby's foods and drinks when it comes to travelling with your babies, but fortunately, a little planning will make it easy to prepare for an outing with your baby.



Berjalan jauh dengan bayi anda

Merancang untuk balik ke kampung semasa musim cuti? Menyediakan makanan dan minuman bayi semasa berjalan jauh dengan bayi anda adalah agak mencabar. Mujurlah, dengan sedikit perancangan akan memudahkan anda membuat persediaan untuk berjalan dengan bayi anda.

Travelling essentials for Mom and Baby Keperluan-keperluan penting untuk Ibu dan Bayi semasa dalam perjalanan



Commercial baby foods

They fit easily in travelling bags and are easy to prepare.

Makanan bayi komersial

Ia mudah disimpan di dalam beg dan disediakan.



Healthy snacks

Plain biscuits and pieces of fruits are good options to consider.

Snek berkhasiat

Biskut tawar dan buah yang dipotong adalah pilihan baik yang boleh difikirkan.

Breastfeeding while travelling

When travelling, it is a good idea to wear a nursing blouse so that you can breastfeed your baby discreetly.

If you are unsure about whether you can breastfeed during a trip, you can pack some expressed breast milk in a cooler:

Menyusukan bayi semasa dalam perjalanan

Apabila berjalan jauh, ada baiknya anda memakai blaus yang sesuai untuk menyusukan bayi agar anda boleh menyusukannya tanpa menarik perhatian orang ramai.

Jika anda tidak pasti samada anda boleh menyusukan bayi semasa dalam perjalanan, anda boleh membawa susu ibu perahan di dalam kotak penyejuk.



Cooler

To store expressed breast milk.

Kotak penyejuk

Untuk menyimpan susu ibu perahan.



Thermos flask

To store hot water for warming expressed breast milk.

Termos

Untuk menyimpan air panas bagi memanaskan susu ibu perahan.



Breast pump

To express breast milk when needed.

Pam payudara

Untuk pemerah susu jika perlu.

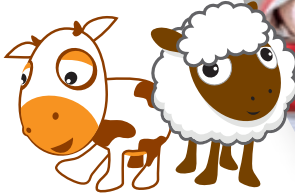


Clean cups

For feeding your baby.

Cawan bersih

Untuk memberi susu kepada bayi.



Baby mealtimes made easy on-the-go!

Now, travelling out and about with your baby is so much more convenient, thanks to the Philips AVENT Travel Feeding Set and Cutlery Set with Travel Case.



Complete with 1 large sectioned feeding dish, 2 removable small containers, an integrated weaning spoon and a suction mat, the Philips AVENT Travel Feeding Set is a nifty godsend for busy parents who are always on the move.

Featuring secure lids to prevent spills and to keep the container and food inside hygienic, the suction mat then helps prevent spills - turning feeding on the go much easier and cleaner.

To protect your baby's health with better hygiene, bring along the Philips AVENT Cutlery Set with Travel Case. Not only will it help keep your baby's cutlery clean while travelling, but its Toddler 12m+ Spoon and Fork are also specially designed with easy-grip for little hands and non-slip handles for babies to learn how to self-feed!

To top it off, all these easy-to-clean utensils are dishwasher- and microwave-safe, as well as easily sterilised so you will never experience any cleaning hassle. Best of all, everything is BPA-free so you can always use it safely for your baby with extra peace of mind.

So convenient and safe, the Philips AVENT Travel Feeding Set and Cutlery Set with Travel Case are truly the perfect travel companions for any parents on the go – anytime, anywhere.



Travel Feeding Set



Cutlery Set with Travel Set

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1800-880-180  Check out our products on iOS now!

PHILIPS
AVENT

Working with caregivers

With both parents working full time becoming increasingly common, more babies are cared for by the maid, a babysitter or relatives such as the grandparents after the mother's maternity leave ends. In this chapter, we will share with you some tips on how you can work with your baby's caregiver to ensure that your baby continues to enjoy nutritious food even when you are at work.

Bekerjasama dengan penjaga bayi

Dalam keadaan di mana kedua-dua ibu bapa bekerja sepenuh masa semakin menjadi satu kebiasaan, semakin ramai bayi dijaga oleh pembantu rumah, pengasuh atau saudara mara seperti datuk dan nenek, selepas ibu tamat cuti bersalinnya. Dalam bab ini, kami akan berkongsi dengan anda beberapa tip tentang bagaimana anda boleh bekerjasama dengan penjaga bayi anda untuk memastikan yang bayi anda akan terus menikmati makanan yang berkhasiat apabila anda pergi bekerja.

The maid

- Make sure that your maid understands how to help you with your baby, such as how to prepare your baby's food, how to feed him, and how to clean your breast pump.
- If your maid doesn't understand your language well, ask her to repeat your instructions out loud.
- Take time to let your maid prepare your baby's food and feed him under your supervision, so that you can help her get everything right.
- Establish a positive and warm relationship with your maid, so that she will feel closer to the family and care for your baby better.

Pembantu rumah

- Pastikan yang pembantu rumah anda faham tentang bagaimana untuk membantu anda menjaga bayi, seperti cara untuk menyediakan makanan bayi, cara untuk memberi dia makan dan bagaimana membersihkan pam payudara.
- Jika pembantu rumah tidak berapa faham bahasa anda, minta dia ulangkan semula arahan anda.
- Beri peluang untuk pembantu rumah menyediakan makanan dan memberi bayi anda makan sambil diawasi anda. Ini akan membantu dia melakukannya dengan betul.
- Jalinkan hubungan yang positif dan mesra dengan pembantu rumah anda. Ini akan membuat dia merasa rapat dengan keluarga dan menjaga bayi anda dengan lebih baik.



Grandparents & relatives

- Discuss as early as possible with your baby's caregiver about how to feed your baby. If there are any disagreements, let her know politely but firmly that you'd like your baby to be fed your way.
- To help the caregiver understand your decisions better, invite her to join you when you attend a breastfeeding or complementary feeding class or support group.
- Some caregivers, especially grandparents, love to offer food as treats. If this happens, suggest that they treat or reward your baby in other ways, such as with a special story time or an outing to the park.

Datuk, nenek dan saudara mara

- Berbincang seawal mungkin dengan penjaga bayi anda tentang bagaimana untuk memberi bayi anda makan. Jika terdapat percanggahan pendapat, beritahu dia dengan sopan tetapi tegas yang anda lebih suka bayi anda diberi makan mengikut cara tertentu.
- Untuk membantu penjaga memahami dengan lebih baik keputusan anda, bawa dia bersama mengikuti kelas penyusuan susu ibu atau pemberian makanan pelengkap atau kumpulan sokongan.
- Sesetengah penjaga, terutamanya datuk dan nenek, suka menggunakan makanan sebagai ganjaran. Jika ini berlaku, cadangkan agar mereka memberi ganjaran kepada bayi anda dengan cara lain seperti waktu bercerita istimewa atau bersiar-siar di taman.

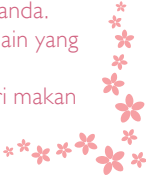




The babysitter

- Play your part in ensuring that your baby is fed well, such as by providing the ingredients needed to prepare your baby's foods.
- Let your babysitter know if your baby has allergies or other special conditions that will require special dietary considerations.
- Also, let her know of your baby's likes and dislikes so that she can feed your baby better.

Pengasuh

- Mainkan peranan anda untuk memastikan yang bayi anda diberi makan dengan betul, seperti membekalkan bahan yang diperlukan untuk menyediakan makanan bayi anda.
 - Beritahu pengasuh bayi jika bayi anda mempunyai alahan atau masalah-masalah lain yang memerlukan diet khas.
 - Beritahu juga apa yang bayi anda gemar dan tidak gemar agar dia boleh memberi makan dengan lebih baik.
- 



Easy drinking with no more spills



Introducing Philips AVENT Spout Cups and Straw Cups - the all-new hygienic, BPA-free and spill-proof drinking solutions for growing toddlers, even when on the go!



If your toddler is beginning to learn how to drink from a cup, then the new Philips AVENT Spout Cup is your ideal first step to a drinking cup. With a soft and flexible spout for an easy first sip, its patented valve and snap-top lid keeps the spout clean and amazingly spill-proof, even when travelling and on the move.

Seeking something simpler for your child? Then try our new Philips

AVENT Straw Cup that is easy for toddlers to use independently, thanks to its soft silicone straw with integrated leak-proof valve. Its twist-lid keeps the straw clean, yet is easily activated so it is easy for your child to twist open and close.

To top it off, both cups are completely interchangeable with the entire Philips AVENT range, such as fitting your feeding bottles with the spout from

the Philips AVENT Spout Cup to make them spill-proof too. Now that's real versatility indeed!

Both cups are extremely easy to clean too, with few parts that are easily washed and assembled. In fact, the entire cup can be sterilised and is also dishwasher-safe for cleaning convenience. Most importantly, both cups are BPA-free so you can use it safely for your child with peace of mind, always.

Amazingly spill-proof and easy to use, the Philips AVENT Spout Cups and Straw Cups are really just the thing your child needs for an easy transition from bottle to cup - especially when out and about.



0%
BPA

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1 800-880-180  Check out our products on iOS now!

PHILIPS
AVENT

Is your baby eating enough?

Many parents are worried that their babies may not be eating enough for his growth and development. Every baby eats (and grows!) at his own rate, however. The best way to be sure is to monitor his growth rate.

Monitoring your baby's growth rate

Growth charts are great for monitoring your baby's growth rate.

- If you do not have a growth chart, make a copy of the correct growth chart provided in this book.
- When you bring your baby to scheduled check-ups with the doctor, ask your doctor to weigh your baby.
- Mark your baby's weight on the growth chart.

It is normal for your baby to show variations in weight gain. You should consult your doctor if:

1. Your baby's weight is not within the normal range.
2. You notice a sudden drastic weight gain or loss.
3. There is no increase in weight over a period of two to three months.

Adakah bayi anda mendapat makanan secukupnya?

Ramai ibu bapa bimbang yang bayi mereka tidak mendapat makanan secukupnya untuk tumbesaran dan perkembangannya. Namun, setiap bayi makan (dan membesar) pada kadarnya tersendiri. Cara terbaik memastikan bayi cukup makan adalah dengan memantau kadar tumbesaran bayi anda.

Memantau kadar tumbesaran bayi anda

Carta pertumbuhan sangat sesuai untuk memantau kadar tumbesaran bayi anda.

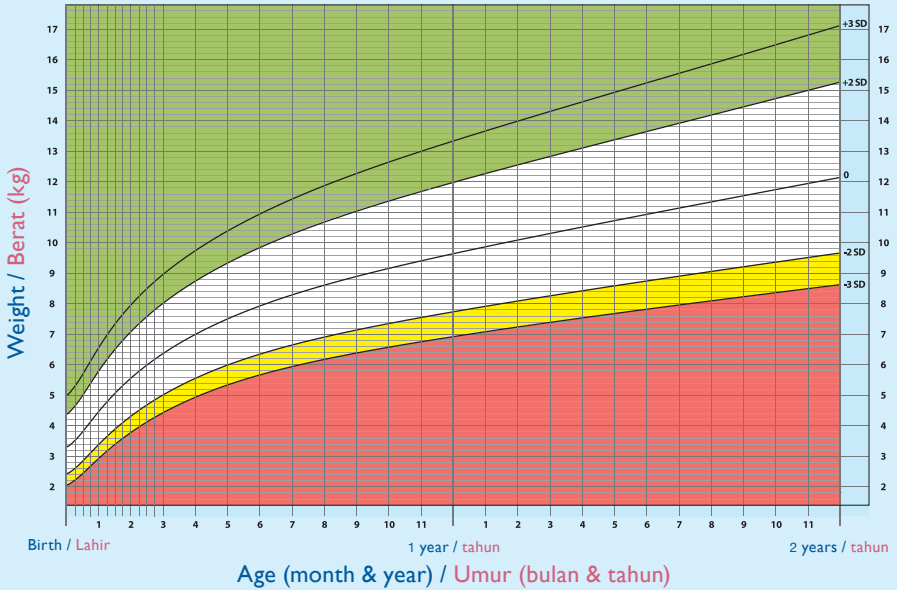
- Jika anda tiada carta pertumbuhan, buat salinan carta yang terdapat di dalam buku ini.
- Minta doktor timbang bayi anda semasa membawa bayi anda ke klinik untuk pemeriksaan berkala.
- Tandakan berat badan bayi anda pada carta pertumbuhannya.

Adalah normal bagi bayi anda menunjukkan peningkatan berat bayi yang berubah-ubah. Anda harus dapatkan nasihat doktor jika:

1. Berat badan bayi anda tidak jatuh dalam julat berat badan normal.
2. Anda mendapati terdapat pengurangan atau peningkatan berat badan yang mendadak.
3. Tiada peningkatan berat badan dalam tempoh dua hingga tiga bulan.

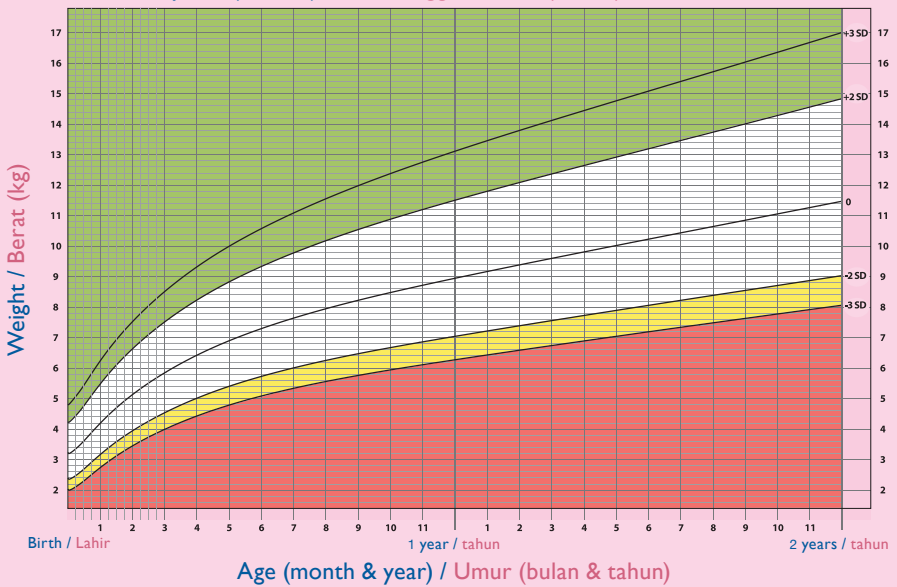
Weight-for-age (Boy) / Berat-untuk-umur (Lelaki)

Birth to 2 years (z-score) / Lahir hingga 2 tahun (z-skor)



Weight-for-age (Girl) / Berat-untuk-umur (Perempuan)

Birth to 2 years (z-score) / Lahir hingga 2 tahun (z-skor)



- Severely underweight/ Kurang berat badan teruk
- Underweight/ Kurang berat badan
- Normal weight/ Berat badan normal
- Increased risk of overweight/ Risiko berat badan berlebihan meningkat*

***Note / Nota:**
 Monitor the weight of your baby / child periodically to determine if he is growing according to this growth standard of the World Health Organisation (WHO)
 Pantau berat bayi / kanak-kanak secara berkala untuk menentukan jika dia membesar mengikut standard Pertubuhan Kesihatan Sedunia



Nutrition Society of Malaysia

IMPROVING LIVES *through* **NUTRITION**

Objectives & Activities 1:

Promote, advance and disseminate scientific knowledge of food and nutrition

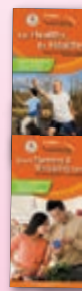
- Organise scientific conferences/seminars
- Publish Malaysian Journal of Nutrition/ Berita NSM
- Consultation with health, regulatory & scientific bodies
- Research on specific community groups



Objectives & Activities 2:

Promote healthy nutrition and active living amongst the community

- Conduct roadshows, exhibitions, talks & workshops for the public
- Implement community nutrition programmes, e.g. Nutrition Month Malaysia, Women@Heart
- Publish educational materials



For more information:

www.nutriweb.org.my

Email: president@nutriweb.org.my



Nutritious mealtimes made easy and fun



Toddler
Weaning Spoons



Toddler
Mealtime Set



Decorated Toddler
Drinking Cups



Travel
Feeding Set



Combined
Steamer and Blender

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1.800-880-180  Check out our products on iOS now!



(3690-P)