

The Multimix Principle

Foods from the family pot

When introducing family foods, always choose nutritious combinations following the **multimix principle**. This ensures that your baby learns to enjoy a wide variety of healthy foods from an early age and will be less likely to become a picky eater later.



A nutritious **multimix** always combines **starchy foods** (staples) with **protein foods**, whether foods from animals or legumes (or both), along with vegetables or fruit for extra nutrients and fibre. A little margarine, mashed avocado pear, or gravy can also be added.

Starchy foods (Staples)

Cereal, porridge, rice, potato, sweet potato, yam, breadfruit, pasta, bread, biscuit

Proteins (Foods from animals)

Fish, chicken, meat, egg, cheese, yogurt, milk

Proteins (Legumes)

Dried peas, beans, lentils, soy granules & chunks, finely chopped nuts, peanut butter (**caution** - do not give by spoon as it's sticky and can cause choking)

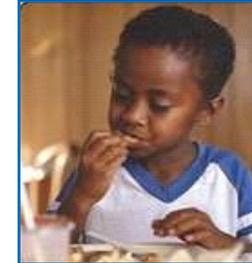
Additional information

- From 6 months, milk for beverages or cereal can be breast milk, infant formula (mixed according to directions) or whole pasteurized milk or regular evaporated milk (mixed ½ milk, ½ water). **Condensed milk, low fat or skimmed milk, soy or almond milk are not recommended for children under 2 years.**
- Eating solid foods is a new skill your baby has to practice. Don't give up on foods your child seems to reject - just be patient and keep trying.
- Offer smaller portions of several foods rather than a large portion of one food and, as your child gets older, prepare foods in different ways - like cutting vegetables into fun, bite-size pieces.
- Do not use food as a reward, and do not be tempted to offer alternatives if food is refused - you'll be setting a trend that will be hard to break.
- Frequent consumption of juice and other sugary beverages can interfere with appetite for food at mealtimes. Juice should be limited to no more than 4 ounces/125ml **once** daily (if at all). Juice should always be drunk from a cup, preferably with a straw, so as to prevent damage to teeth.
- Offering snacks close to mealtimes may also interfere with appetite. When buying snack treats, read the Nutrition Facts label and choose items with no more than 50 - 100 calories per serving: limit to only one serving daily (if at all).
- Lastly, remember that children's appetites vary from day to day but as long as they are active, and growing well, there's nothing to worry about.

NATIONAL NUTRITION CENTRE
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Information sources: WHO and UNICEF

Mother & Child Nutrition Series



6 Months-2 Years: Complementary Feeding

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6 Months-2 Years: Complementary Feeding

Foods from the family pot: Multimixes

At 6 months it is time to introduce all the family foods so that your baby can learn to enjoy a wide variety of healthy foods before 2 years of age.

It is also important not to start this process before 6 months or your baby may be more at risk for nutritional problems including obesity, allergies and even asthma.

6-8 months



- Start with 2-3 tablespoons of smooth, thick cereal (made with milk). Offer **twice daily**. Do not put cereal in a bottle.
- Add a third feed using foods from the family pot in a thick, smooth purée. Be sure to **mix starchy foods with protein foods** like sweet potato and sardine. Add a vegetable such as spinach.
- Gradually increase portions from 2-3 tablespoons up to ½ cup.
- **Continue to breast feed.**

9-11 months

- Add 1-2 nutritious between-meal snacks like diced fruit or yogurt.
- Foods should be finely chopped or mashed to help develop muscles needed for speech but avoid hard lumps that could cause choking.
- **Mix starchy foods with protein foods** like rice with finely chopped chicken. Add some mixed vegetables.
- **Continue to breast feed.**



12-24 months



- Continue 3 meals daily with 1-2 nutritious snacks. Offer water with meals. **Limit juice** to 4 ounces/125ml daily (if at all).
- Foods should now be chopped or mashed only if necessary.
- **Mix starchy foods with protein foods** like pasta and minced meat. Add vegetable such as carrot. Increase to ¾ -1 cup servings.
- **Continue to breast feed.**

Sample Meal Plan

Breakfast

- Cereal with milk or bread and egg
- Breast milk or milk beverage (hot or cold)



Snack

- Breast milk or milk beverage
- Mashed or chopped fruit

Lunch

- **Multimix:** Potato, sardine and spinach - puréed, mashed or chopped as appropriate
- Water



Snack

- Breast milk or yogurt

Dinner

- Cereal with milk or **multimix** - Rice, chicken, mixed vegetables
- Water



Bedtime

- Breast milk or milk beverage

This meal plan is an example only