




● 離乳のすすめ方 ● Recommended Weaning Method

離乳初期 生後5～6か月頃 Early weaning period (5-6 months after birth)

※この資料は、離乳のすすめ方の目安です。お子さんの食欲や成長・発達の状況に応じて、食事の量、固さ、大きさなどを調整しましょう。

This pamphlet is a guide to weaning recommendations. Adjust the amount, frequency, consistency, and size of food according to your child's appetite and growth and development

月齢 Month	離乳初期（生後5～6か月頃） Early weaning period of (5-6 months after birth)
食べ方の目安 Feeding Guidelines	<p>● 生後5～6か月頃を目安に離乳食を始めましょう。首がしっかり座り、スプーンを舌で押し出すことが減り、親が食べている様子や食べ物に興味を示し始めます。</p> <p>※発達などのかかりつけ医がいる場合は、開始時期を相談しましょう。</p> <p>● Start weaning around 5-6 months of age. They will begin to sit with their neck upright, they will push the spoon out with their tongues less often, and they will begin to show interest in their parents' eating and food.</p> <p>※ If you have a developmental or other family doctor, talk to them about when to start.</p> <p>● 離乳食の舌ざわりや味に慣れ、上手に飲み込むようになることが目的です。</p> <p>● The goal is to help them get used to the texture and taste of baby food, and to learn to swallow it well.</p> <p>● 子どもの様子をみながら、1日1回1さじずつ始めましょう。</p> <p>● Start one spoonful at a time, once a day, while watching your child.</p>
	
離乳食と母乳（ミルク）の 1日の回数（例） Number of times per day for weaning and breastfeeding (milk) (example)	<p>〈離乳食の回数〉1回 < Frequency of Feedings> 1 time per day </p> <p>● 母乳やミルクは、授乳のリズムに沿って、飲みただけ飲ませます。</p> <p>● Breast milk or formula should be given as much they want to drink, following the rhythm of breastfeeding</p>
固さの目安 Hardness Guideline	<p>なめらかにすりつぶした状態（ポターージュ状）にし、慣れてきたら粗つぶしにします。</p> <p>Mash it smooth (potage) and once they get used to it, coarsely mash it.</p>
味付け Seasoning	<p>味付けなし</p> <p>Do not add salt, sugar or other flavorings to food.</p>
一回当たりの目安量 Approximate amount per session	<p>① つぶしがゆ（米）から始めます。</p> <p>① Start with thin rice gruel/porridge</p> <p>② 慣れてきたら、ゆでてすりつぶしたじゃがいもやにんじんなどの野菜、そして果物など種類を増やしていきます。</p> <p>② As they get used to it, you can increase the variety of vegetables such as boiled and mashed potatoes and carrots, as well as fruits.</p> <p>③ さらに慣れたら、ゆでてすりつぶした豆腐や白身魚、中心部までしっかり加熱した固ゆで卵の卵黄など種類を増やします。</p> <p>③ Once they've gotten used to that, you can expand the variety to include boiled and milled tofu, white fish, and hard-boiled egg yolks that have been thoroughly cooked to the center.</p> <p>※ 新しい食品を始める時には、平らな離乳食用のスプーンで1さじずつ食べさせ、様子をみながら量を増やします。</p> <p>※ When introducing a new food, feed it one spoonful at a time with a flat baby food spoon and increase the amount as you go along.</p>
口の動き Movement of mouth	<p>口を閉じて、取り込みや飲み込みができるようになります。</p> <p>They should be able to close their mouth and take in and swallow.</p>
食べさせ方 Feeding method	<p>平らな離乳食用のスプーンを下唇にのせ、上唇が閉じるのを待ちます。</p> <p>We put spoon for flat baby food on the lower lip and wait for upper lip to be closed.</p>
	

札幌市

City of Sapporo



出典：2019年3月 厚生労働省「授乳・離乳の支援ガイド」

Submitting: 2019 year March Ministry of Health, Labour and Welfare "nurse and weaned support guidance"

離乳中期 生後7～8か月頃 Middle Weaning Period (7-8 months after birth)

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This pamphlet is a guide to weaning recommendations. Adjust the amount, frequency, consistency, and size of food according to your child's appetite and growth and development.

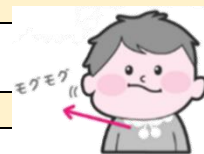
月齢 Months		離乳中期（生後7～8か月頃） Middle Weaning Period (7-8 months after birth)		
食べ方の目安 Feeding guidelines		<ul style="list-style-type: none"> ● 1日2回食に進め、食事のリズムをつけていきましょう。 ● Advance to feeding twice a day and get into a rhythm of eating. ● いろいろな味や舌ざわりを楽しめるように食品の種類を増やしましょう。 ● You should gradually increase the variety and quantity of food. ● 離乳食に慣れ、1日2回食に進む頃には、主食(穀類) + 副菜(野菜)や果物 + 主菜(たんぱく質性食品)を組み合わせた食事にしましょう。 ● By the time your baby gets used to weaning and progresses to twice-daily meals, your baby should be eating a combination of staple foods (grains) and side dishes (vegetables) or fruit and main dishes (protein-based foods). ● 家族の食事から味付けする前のものを取り分けたり、うす味のものを取り入れたりして、食品の種類や調理方法が多様となるようにしましょう。 ● Separate pre-seasoned items from your family's meals and incorporate light seasoning to ensure a variety of food types and preparation methods! 		
離乳食と母乳（ミルク）の1日の回数（例） Number of times per day for weaning and breastfeeding (milk) (example)		<離乳食の回数> 2回 <Frequency of Feedings> 2 times a day  <ul style="list-style-type: none"> ● 離乳食の後に母乳やミルクを飲ませます。 ● After your baby eats baby food, let him or her consume breast milk or infant formula milk. ● 離乳食とは別に授乳のリズムに沿って、母乳は飲みたいだけ、ミルクの場合は、1日3回程度飲ませます。 ● Follow the rhythm of breastfeeding apart from weaning foods, giving breast milk as much as your baby wants to drink, or in the case of milk, about three times a day. 		
固さの目安 Hardness Guidelines		舌でつぶせる固さ（豆腐ぐらい。飲み込みやすいようにとろみをつける工夫も必要です。） It should be firm enough to crush with your tongue (similar to tofu). It should be thickened to make it easy to swallow.		
味付け Seasoning		離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおいしく調理しましょう。 As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, cook with use seasoning sparingly while keeping the flavors of the ingredients intact.		
一回当たりの回数量 Amount per feeding	穀類 Cereal	全がゆ 50～80g	Thin rice porridge 50 – 80 grams	
	野菜・果物 Vegetables and fruit	野菜・果物 20～30g	Vegetables and fruit 20-30 grams	
	海藻 Seaweed 開始 Introduce	海藻 離乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.		
	いずれかを一品 Any one of these	魚 Fish	魚 10～15g	Fish 10-15 grams
		肉 Meat 開始 Introduce	肉 10～15g	Meat 10-15 grams
		豆腐 Tofu	豆腐 30～40g	Tofu 30-40 grams
		卵 Egg(boiled) 開始 Introduce	卵黄(固ゆで)1個～全卵 1/3個 1 egg yolk to 1/3 of a whole egg (hard-boiled)	
乳製品 Dairy Products 開始 Introduce	乳製品 50～70g	Dairy Products 50-70 grams		
油 Cooking Oil 開始 Introduce	油 少量 Cooking Oil Use only small amounts			
歯の生え方の目安 Teething Development		乳歯が生え始めます。 Baby teeth (Deciduous) begin to grow.		
口の動き Movement of mouth		舌と上あごで上下につぶして食べるようになります。 Able to mash it up and down with their tongue and upper jaw.		
食べさせ方 Feeding method		平らな離乳食用のスプーンを下唇にのせ、上唇が閉じるのを待ちます。 Place a flat baby food spoon on the lower lip and wait for the upper lip to close.		

離乳後期 生後9～11か月頃 Latter Weaning Period(9-11 months after birth)

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月齢 Months		離乳中期（生後9～11か月頃） Latter Weaning Period (9-11 months after birth)	
食べ方の目安 Feeding guidelines		<ul style="list-style-type: none"> ● 食事のリズムを大切に、1日3回食に進めていきましょう。 ● The baby should have 3 meals a day on a constant schedule. ● 食欲に応じて、量を増やしていきましょう。 ● Depending on appetite, increase quantity. ● 食べ物に手を伸ばすようになり、手づかみ食べが始まります。積極的にさせましょう。 ● They will begin to reach for food and start grabbing food. Let them be proactive. ● 家族等と食卓を囲み、共食（一緒に食べることを通して食の楽しい体験を増やしましょう。 ● Enrich your dining experience with your family around the dining table and eating together. 	
離乳食と母乳（ミルク）の1日の回数（例） Number of times per day for weaning and breastfeeding (milk) (example)		<p>〈離乳食の回数〉3回 </p> <p><Frequency of Feedings> 3 times a day</p> <ul style="list-style-type: none"> ● 3回食に慣れてきたら、大人と同じ食事時間にします。 ● Your baby can now eat at the same time as the rest of your family. ● 離乳食の後に母乳やミルクを飲ませます。 ● Only after your baby has eaten their baby food should you feed them breast milk or infant formula. ● 離乳食とは別に授乳のリズムに沿って、母乳は飲みただけ、ミルクの場合は、1日2回程度飲ませます。 ● Separately from baby food, allow breastfeeding along lactational rhythm. In the case of milk, allow twice a day. 	
固さの目安 Hardness Guidelines		<p>歯ぐきでつぶせる固さ（バナナぐらい）</p> <p>Should have the consistency of a banana. Your baby should be able to mash the food with their gums.</p>	
味付け Seasoning		<p>離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおいしく調理しましょう。</p> <p>As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.</p>	
Amount per feeding 一回当たりの目安量	穀類 Cereal	全がゆ 90g～軟飯 80g 90 grams of thin rice porridge or 80 grams soft-cooked rice	
	野菜・果物 Vegetables and fruit	野菜・果物 30～40g Vegetables and fruit 30-40 grams	
	海藻 Seaweed	海藻 離乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.	
	いすれかを1品 Any one of these	魚 Fish	魚 15g Fish 15 grams
		肉 Meat	肉 15g Meat 15 grams
		豆腐 Tofu	豆腐 45g Tofu 45 grams
		卵 Egg(boiled)	全卵 1/2個 1/2 whole egg
乳製品 Dairy Products	乳製品 80g Dairy Products 80 grams		
油 Cooking Oil	油 少量 Cooking Oil Use only small amounts		
歯の生え方の目安 Teething Development		<p>1歳前後で前歯が8本程度生えそろういます。</p> <p>Around eight front teeth have grown in at around 1 year old.</p>	
口の動き Movement of mouth		<p>歯ぐきでつぶすことができるようになります。</p> <p>Able to crush with the gums.</p>	
食べさせ方 Feeding method		<p>丸み（くぼみ）のある離乳食用のスプーンを下唇にのせ、上唇が閉じるのを待ちます。</p> <p>Place a rounded baby food spoon on the lower lip and wait for the upper lip to close.</p>	




離乳完了期 生後 12～18 か月頃



The weaning completion period (12-18 months after birth)

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月齢 Months	離乳完了期 (生後 12～18 か月頃) The weaning completion period (12-18 months after birth)		
食べ方の目安 Feeding guidelines	<ul style="list-style-type: none"> ● 食事のリズムを大切に、1日3回食に進めていきましょう。 ● The baby should have 3 meals a day on a constant schedule. ● 食べ物から大部分の栄養をとるようになります。 ● The baby receives most of its nourishment from food. ● 手づかみ食で、前歯でかみ取る練習をします。食べこぼしをしながら一口の量を覚えます。やがて食器やスプーンを使って自分で食べる準備を始めます。 ● The baby grabs food, and learn to take food with their front teeth. They learn how much to take in one mouthful while they spill food. Eventually they learn to eat more independently using spoons and other utensils. ● 手づかみ食などにより、自分で食べる楽しみを増やしましょう。 ● Increase the enjoyment of eating independently by allowing them to grab handfuls of food. 		
離乳食と母乳(ミルク)の1日の回数(例) Number of times per day for weaning and breastfeeding (milk) (example)	(離乳食の回数) 3回+間食(1～2回) <Frequency of Feedings> 3 times a day + a snack in between meals (1-2 a day)  <ul style="list-style-type: none"> ● 母乳またはミルクは、一人ひとりの子どもの離乳の進行及び完了状況に応じて飲ませます。 ● You can now regulate the amount of breast milk and infant formula milk depending on whether your baby eats ample baby food. If your baby eats sufficient baby food, then you can decrease the amount of breast milk and infant formula milk 		
固さの目安 Hardness Guidelines	歯ぐきでつぶせる固さ (肉だんごぐらい) Should have the consistency of a meatball Your baby should be able to chew it with their gums.		
味付け Seasoning	離乳の進行に応じて、砂糖、塩、しょうゆなどの調味料を使用する場合は、素材の味を生かしながら、うす味でおいしく調理しましょう。 As the weaning process progresses, if you use seasonings such as sugar, salt or soy sauce, use only light seasoning while keeping the flavors of the ingredients intact.		
一回当たりの目安量 Amount per feeding	穀類 Cereal	軟飯 90～ご飯 80g 90 grams of soft-cooked rice or 80 grams of cooked rice	
	野菜・果物 Vegetables and fruit	野菜・果物 40～50g Vegetables and fruit 40-50 grams	
	海藻 Seaweed	海藻 離乳の進行に応じて取り入れましょう Seaweed You can feed your baby seaweed depending on your baby's condition and weaning stage.	
	いずれかを1品 Any one of these	魚 Fish	魚 15～20g Fish 15-20grams
		肉 Meat	肉 15～20g Meat 15-20 grams
		豆腐 Tofu	豆腐 50～55g Tofu 50-55 grams
		卵 Egg(boiled)	全卵 1/2～2/3個 Two of 1-3 minutes of all egg two minutes
乳製品 Dairy Products	乳製品 100g Dairy Products 100 grams		
油 Cooking Oil	油 少量 Cooking Oil Use only small amounts		
歯の生え方の目安 Teething Development	1歳前後で前歯が8本程度生えそろういます。 Around eight front teeth have grown in at around 1 year old. 離乳完了期の後半頃に奥歯が生え始めます。 Back teeth begin to grow in the latter half of the weaning completion period.		
口の動き Movement of mouth	歯を使うようになります。形のある食べ物をかみつぶせるようになります。 Able to use teeth and bite down on shaped foods.		
食べさせ方 Feeding method	丸み(くぼみ)のある離乳食用のスプーンを下唇にのせ、上唇が閉じるのを待ちます。 Place a rounded baby food spoon on the lower lip and wait for the upper lip to close.		

離乳の進め方その他の注意点 How to proceed with weaning and other notes.

食品の種類 Types of foods	
<ul style="list-style-type: none"> ●野菜 緑黄色野菜（にんじんやほうれん草など）も取り入れましょう。 ●Vegetables Use as many dark vegetable (i.e. carrot, spinach, etc.) as possible. ●魚介類 白身から赤身魚、青皮魚へとすすめていきましょう。 ●Fish products You should first introduce white fish, then red fish and blue skin fish as weaning continues. ●肉 脂肪の少ない鶏肉から始め、その後は豚肉や牛肉も脂肪の少ない部位から使えます。 ●Meat You can start with low-fat poultry and then use pork or beef from the lowest-fat portions as well. ●豆 豆腐から始め、離乳が進むにつれ、食べやすく調理した豆類を取り入れましょう。 ●Beans You should introduce tofu first, than a variety of soft beans as weaning continues (from 7 months of age). ●卵 中心部までしっかり加熱した固ゆでの卵黄から始め、全卵にすすめましょう。 ●Egg Start with hard-boiled egg yolks that have been thoroughly cooked through to the center, also recommended to cook through all eggs. ●乳製品 カッテージチーズなどの塩分、脂肪の少ないチーズや少量のプロセスチーズをおかゆやシチューにいれて加熱して食べさせましょう。プレーンヨーグルトも使えます。牛乳は加熱して料理に使用できますが、直接飲ませるのは1歳を過ぎてからにしましょう。 ●Dairy products Heat and feed cottage cheese or other low-salt, low-fat cheese or a small amount of processed cheese in porridge or stew. Plain yogurt can also be used. Milk can be heated and used in cooking, but it should not be given directly to your child until after the age of 1 year. 	
	
食べさせてはいけないもの What you SHOULD NOT feed your baby	
<p>ハチミツ、ハチミツを使った料理やハチミツ入りの飲料・お菓子などの食べ物は、乳児ボツリヌス症予防のため1歳を過ぎるまでは食べさせてはいけません。</p> <p>Foods such as honey, honey-based dishes and honey-containing beverages and sweets should not be fed until after the age of 1 year to prevent infant botulism.</p>	
食物アレルギー Food allergies	
<p>食物アレルギーの発症を心配して、離乳の開始や卵などの特定の食べ物の開始を遅らせても、食物アレルギーの予防効果はみられないことがわかりました。生後5～6か月頃から離乳食を始め、月齢に応じて適切な食品を食べさせましょう。</p> <p>We have found that delaying the start of weaning or the start of certain foods, such as eggs, because of concerns about the onset of food allergies does not help prevent food allergies.</p> <p>Start weaning from around 5-6 months of age and feed your child the appropriate foods for his or her age.</p> <p>食物アレルギーが疑われる、またはすでに発症している子どもの場合は、自己判断で対応せず医師の指示を受けましょう。</p> <p>If a food allergy is suspected or already present in a child, do not handle it on your own, and seek medical advice from a doctor.</p>	
ビタミンD不足の予防 Preventing vitamin D deficiency	
<p>完全母乳栄養の赤ちゃんが、日光に当たる機会が少ない場合に、ビタミンD不足から「くる病」になることがあります。ビタミンDはカルシウムの吸収を促し、骨の形成に重要です。不足しないよう魚や卵などを月齢にあわせて離乳食に取り入れましょう。また、ビタミンDは日光を浴びることで皮膚でも合成されます。</p> <p>Babies who are entirely breastfed can develop rickets from vitamin D deficiency when they have little exposure to sunlight. Vitamin D promotes the absorption of calcium and is important for bone formation. To avoid deficiencies, include fish and eggs in your baby's diet, depending on the age of your baby. Vitamin D can also be synthesized in the skin through exposure to sunlight.</p>	
鉄不足の予防 Preventing iron deprivation	
<p>完全母乳栄養の赤ちゃんは、鉄が不足しやすいので、月齢にあわせて、赤身の魚や肉、少量のレバー、ほうれん草などの色の濃い葉物野菜を利用したり、調理用使用する牛乳・乳製品のかわりに育児用ミルクを使用するなど工夫しましょう。</p> <p>Babies who are entirely breastfed are prone to iron deficiencies, so depending on their age, use lean fish and meat, small amounts of liver, and darker colored leafy vegetables such as spinach, or use nursery formula instead of milk and dairy products for cooking</p>	

フォローアップミルク Follow-up milk formula

フォローアップミルクは、母乳または育児用ミルクの代わりではないため、離乳が順調に進んでいる場合には母乳または育児用ミルクを継続してかまいません。離乳が順調に進まず、鉄不足のリスクが高い場合など、医師等に相談した上で、必要に応じて使用しましょう。

Follow-up formula is not a substitute for breast or nursery formula and can be continued if your baby is making good progress.

Consult with your child's doctor and use as needed, for example if weaning is not going well and there is a high risk of iron deficiency.

ベビーフード Baby food

離乳の進行状況に応じて適切に利用することができます。

You may feed your baby commercial baby food appropriate for your baby's stage of weaning. Please observe the following:

● 月齢や固さにあったものを選び、子どもに食べさせる前には一口食べてみて確認をしましょう。

● **You should choose foods appropriate to your baby's age and chewing ability, and taste it yourself before giving it to your baby.**

● 大きさ、固さ、とろみ、味付け等が、離乳食を手作りする際の参考になります。

● **Referencing the size, firmness, thickness, seasoning, etc. will help you to make your own baby food.**

● 外出や旅行、時間のない時、一品増やす、メニューに変化をつけるときなど用途にあわせて上手に利用しましょう。

● **Use it to your advantage when you go out or travel, when you're short on time, when you want to add one more dish to your menu, or when you want to change things up.**

● 2 回食にすすんだら、品名や原材料を確認して「主食」「副菜」「主菜」を組み合わせるように工夫しましょう。

● **When you move on to two meals, check the names of the items and ingredients and try to combine "staples", "sides" and "main dishes".**

● 開封後の保存には注意！ 食べ残しや作り置きは食べさせないようにしましょう。

● **Be careful about proper preservation of leftovers! It is best not to feed your baby foods which have been cooked several days before.**

食中毒の予防 The prevention of food poisoning

● 離乳食は、食材の加熱後につぶす、きざむ等の工程も多いため、作る前や食事の前には、しっかり手を洗いましょう。

● **Wash your hands thoroughly before cooking and eating, as there is a lot of mashing and chopping involved in the process of cooking baby food.**

● 土付き野菜はしっかり水洗いしてから使いましょう。

● **Vegetables with soil should be washed thoroughly before using them.**

● 調理器具や食器はていねいに洗い、清潔に保ちましょう。

● **Wash your cooking utensils and dishes carefully and keep them clean.**

● 離乳食の魚、肉、卵だけでなく、豆腐なども中までしっかり加熱しましょう。

● **Fish, meat and eggs, as well as tofu, used for weaning should be cooked thoroughly inside.**

● 作ったらなるべく早く与え、食べ残しは食べさせないようにしましょう。

● **Serve food as soon as possible after you make them and don't let them eat any leftovers.**



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