



**HOW TO PREPARE COMPLEMENTARY FOOD FOR CHILDREN FROM THE DAILY FAMILY FOOD**





## HOW TO PREPARE COMPLEMENTARY FOOD FOR CHILDREN FROM THE DAILY FAMILY FOOD

- For children from 9 months, mothers/care-takers could give mashed food made from the daily family food, in addition to breastfeeding.
- When steaming the rice, make sure that you lean the pot so that some part of the rice is soft enough.
- Then take only the soft rice and put it in a plate.
- Take some fish, meat, pumpkin and other green vegetables from the soup and mix them with the soft rice in the plate.
- Use spoon to mash well those items and feed children according to the quantity and frequency as recommended in the complementary feeding guideline.
- Make sure that the food prepared from the daily family food is finely mashed, soft and thick like the “BOBOR KHAP KROP KROEUNG” (Thick and Multi-Ingredients Porridge).