

Complementary Feeding for Children Aged 6-23 Months

A RECIPE BOOK FOR MOTHERS AND CAREGIVERS

សហភាពអឺរ៉ុប កម្មវិធីស្បៀងអាហារ
FAO European Union Food Facility Project



FAO/EU Food Facility Project

“Improve the Food Security of Farming Families Affected by Volatile Food Prices”

To reduce the effects of volatile food prices, the European Union has provided financial support to the Food and Agriculture Organization of the United Nations (FAO) to help address the food insecurity in Cambodia. The FAO / European Union Food Facility Project focuses on the sustainability of increased productivity, improved management practices and improves access to agricultural inputs and services and to improve dietary diversity and family feeding practices, starting with Infant and Young Child Feeding (IYCF). FAO has implemented the project in collaboration with the General Directorate of Agriculture of the Ministry of Agriculture, Forestry and Fisheries, with cooperation from Ministry of Women’s Affairs, Ministry of Water Resources and Meteorology, Fisheries Administration, their relevant provincial departments and local non-government organizations.



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The nutrition messages and recipes in this book were developed, field-tested and refined in nine provinces (Kampong Speu, Takeo, Prey Veng, Svay Rieng, Kampong Thom, Preah Vihear, Banteay Meanchey, Siem Reap and Otdar Meanchey) by teams of officers from the Ministry of Women’s Affairs, Ministry of Agriculture, Forestry and Fisheries, Ministry of Health, and the Food and Agriculture Organization of the United Nations (FAO).

This book was produced by FAO in collaboration with the Ministry of Agriculture, Forestry and Fisheries, the Ministry of Women’s Affairs and the Ministry of Health. National master trainers, provincial and district level staff from the three ministries were actively involved in nutrition training activities and facilitated the testing of nutrition recommendations and recipes in communities.

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ACKNOWLEDGEMENTS

PHOTO

Photo 2, 3, 4, 6, 8, 9, 11, 12 (FAO/EU Food Facility Project)

Photo 1, 5, 7, 10, 13 (National Nutrition Program)

FIGURE

Figure 1, 2, 7 (INVENT Cambodia)

Figure 3, 4, 5, 6 (UNICEF)

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Figure 13, 14, 20, 25 (National Nutrition Program)

DIAGRAM

Diagram 1 (FAO/EU Food Facility Project)



INTRODUCTION

Purpose of the Booklet

Seven out of 10 children aged 6 months and over are fed plain rice porridge (borbor) with salt and sometimes a little sugar. Others receive plain rice with liquid part of soup. These foods fill the child's stomach but they do not provide enough energy and nutrients for good physical growth and mental development, often resulting in malnutrition. This recipe booklet gives guidance on how to prepare nutritious and safe complementary foods for young children.

Recipe Development

The Recipes in this booklet have been developed to meet the specific dietary needs of children aged 6 to 23 months, using foods available in different provinces of Cambodia. Some of the foods are grown on family farms and home gardens and others can be purchased from the local market. The recipes were field-tested with mothers and caregivers in a real home setting to ensure that the foods are available and affordable to most families.

Users of the Recipe Booklet

The recipe booklet is for mothers, grandmothers and other caregivers who feed small children.

Contents of the guide

This booklet is organized in 6 sections which provide information and guidance on:

- Good complementary feeding.
- Proper food and personal hygiene to prevent diarrhea.
- Appropriate food preparation methods and household measurements to ensure that children get enough energy and nutrients for growth and development.
- Complementary feeding guide and recipes for children of different age groups.



SECTION 1

What is Good Complementary Feeding?



Photo2



SECTION 1

What is Good Complementary Feeding?

The period of transition from exclusive breastfeeding to family foods, referred to as complementary feeding, covers a child from 6-23 months of age, and is a very vulnerable period. It is the time when malnutrition starts in many infants, contributing to the high prevalence of malnutrition in children under two years of age.

Malnutrition in young children can be prevented by feeding them enough nutritious and safe complementary foods.

Good complementary feeding means feeding your child enriched borbor every day and offer additional nutritious snacks between meals, for example mashed ripe fruit. You can prepare good enriched Borbor from a variety of local foods that are available in your home, from your garden or the local market.

3

The diagram shows a wide variety of foods from which you can choose to make enriched borbor:

- **Rice, sweet potato or taro**
- **Fish, meat, liver, egg or beans (peanut, mungbean)**
- **Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, moringa leaves (marom) etc.**
- **Add a little oil to enhance the taste of food and to increase its energy content.**



COMPLEMENTARY FEEDING

Diagram 1



- Chose one food item from each group to make different types of enriched borbor.
- Vary your child's diet every day.
 - Your child will have more appetite, if you feed him/her different foods daily.
 - He/she will eat more and grow well.

ADDITIONAL NUTRITIOUS SNACKS



Photo 3



Remember! Feed your child enough Borbor, and give different fruits every day. Your child will be strong, healthy and smart.

SECTION 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding

SECTION 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding

Practicing **good food safety and personal hygiene** is important for preparing safe and healthy complementary foods and feeding children. It helps to prevent child illnesses, especially diarrhea. Therefore wash hands with soap (or ash) and clean water.

7



Figure 1

Teach child to wash hands with soap and water



Figure 2



Remember !

- 1 Use clean utensils to prepare and serve food
- 2 Select fresh or wholesome food
- 3 Reheat left-over food until hot and steaming

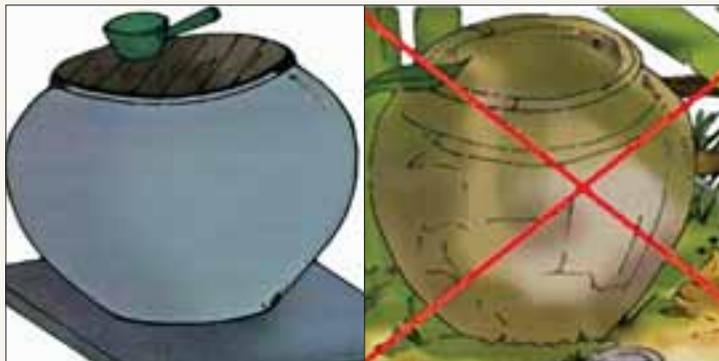


Figure 3 (UNICEF)

Section 2

Guide on Food Safety and Personal Hygiene in Complementary Feeding

9



Cover your water jar

Figure 4 (UNICEF)



Always drink safe water (From safe source or boiled)

Figure 5 (UNICEF)



Always cover food

Figure 6 (UNICEF)



Keep your home and surroundings clean

Figure 7

SECTION 3

Guide to Food Preparation and Household Measurements



SECTION 3

Guide to Food Preparation and Household Measurements

Food Preparation and Cooking Methods



Wash fresh sweet potato or taro



Peel sweet potato or taro



Cut and chop tuber to dice shape



Cut and chop tuber to dice shape



Measure and add tuber to pot



Mash the cooked tuber into paste when soft



Clean fish by removing scale and gut



Boil fish in pot



Debone fish



Mash fish with ladle or spoon



Measure and add mashed fish to pot



Wash egg



Break egg



Scramble egg



Add well scrambled egg to pot

Figure 8



Food Preparation and Cooking Methods



Wash meat



Finely slice meat



Finely chop meat into mince



Measure and add meat to pot



Remove poor quality peanuts



Roast peanuts



Remove roasted peanut skins



Pound roasted peanuts



Measure and mix pounded peanuts with rice soup to make paste



Add peanut paste to pot



Wash Vegetables



Finely cut vegetable leaves



Finely chop vegetable leaves



Measure and add vegetable to pot

Figure 9



Section 3

Guide to Food Preparation and Household Measurements

13



Wash mango with clean water



Wash banana with clean water

Fruit Preparation



Slice mango



Lightly scoop mango with tablespoon



Mash mango



Half remove skin banana



Lightly scoop banana with tablespoon



Mash banana

Figure 10



Remember! Household or local measurements used in this recipe booklet are bowls, tablespoons, teaspoons and the local tin.



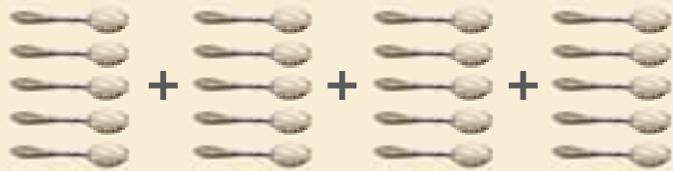
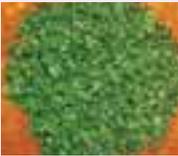
Uncooked Food		Measurement Equivalent			
		=		=	
Rice	1 tin	=	20 tablespoons	=	1 bowl
		=		=	
Fish	1 bowl	=	14 tablespoons	=	
		=		=	
Meat	1 bowl	=	14 tablespoons	=	
		=		=	
Peanut	1 bowl	=	14 tablespoons	=	

Figure 11

Section 3

Guide to Food Preparation and Household Measurements

Uncooked Food	Measurement Equivalent	
 Peanut	 1 bowl	 8 tablespoons

15

Figure 12

SECTION 4

Complementary Feeding
Guide and Recipes

For Children

6-8 MONTHS
OLD



Photo 4



SECTION 4

Complementary feeding guide and recipes for children 6-8 months old

From 0-6 Months

Breastfeed only up to the age of 6 months

- 👍 Breast Milk is best
- 👍 Start breastfeeding within first hour of birth
- 👍 Breastfeed on demand
- 👍 Breastfeed at least 8 times a day, day and night
- 👍 Empty both breasts
- 👍 Look your child in the eyes when breastfeeding and respond positively to him/her



Remember ! Eat more to produce enough milk

- 1 Eat a little extra food at each meal
- 2 Eat snacks between the main meals
- 3 Drink a plenty of fluids (e.g. soups, juices)



Photo 5 (National Nutrition Program)



At 6 Months

Introduce good complementary foods

- 👉 From 6 months, breast milk is no longer enough to support child growth
- 👉 Give your child enriched borbor and introduce one new food at a time (rice, sweet potatoes, fish, eggs, vegetables, a little oil,...)

Feeding

- 👉 Start to give 2-3 tablespoons of enriched borbor twice a day
- 👉 Food must be well cooked and soft but thick in consistency
- 👉 Continue breastfeeding on demand



6 months



Figure 13 (National Nutrition Program)



Section 4

Complementary Feeding Guide and Recipes for Children 6-8 Months Old

Children Aged 7-8 Months

Increase amount of enriched borbor. Complementary food can be made using:

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, or moringa leaves (marom) etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

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Feeding

- 👉 Increase feeding to 3 times per day, up to half a bowl (Chan Chang Koeh) at each meal.



Photo 6



Figure 14 (National Nutrition Program)



Photo 7 (National Nutrition Program)

- 👉 Continue breastfeeding at least 8 times per day, day and night!



Examples of complementary feeding recipes for children 6-8 months

Rice with fish and morning glory borbor

Ingredients



How to cook



Cooked food

Half Bowl

Figure 15

Sweet potato with peanuts and pumpkin leaves borbor

Ingredients



How to cook



Cooked food

Half Bowl

Figure 16



Section 4

Complementary Feeding Guide and Recipes for Children 6-8 Months Old

1

Complementary Feeding Recipes for Children Aged 6-8 months: Using Rice

What to select and cook for 1 meal



Child Feeding



Feed child 2 times a day 2-3 table spoons per meal



Feeding child 3 times a day



Continue breastfeeding

Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats.

2 Complementary Feeding Recipes for Children Aged 6-8 months: Using Sweet Potato or Taro

What to select and cook for 1 meal

	+		+		+		+		+	
Sweet potato <small>(Yellow Sweet Potato is better than White)</small>		Fish		Pumpkin		Cooking oil (1 tea spoon)				½ bowl
	or		or		or					
Taro	or	Egg	or	Ivy gourd	or	Clean water for cooking				
	or		or		or					
Beans	or	Morning glory	or	Morning glory	or					
	or		or		or					
Meat and liver	or	Amaranth	or	Amaranth	or					

- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products

Child Feeding

		
6 months		
Feed child 2 times a day 2-3 table spoons per meal		
		
7-8 months		
Feeding child 3 times a day		



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats.

Figure 18



What you will need for the preparation of more than one meal (6-8 months)

23

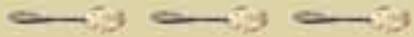
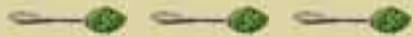
Ingredients	1 meal		2 meals		3 meals	
	Quantity	Water	Quantity	Water	Quantity	Water
 Rice OR  Sweet potato or Taro	 2 tablespoons	 1 & ½ Bowls	 4 tablespoons	 2 & ½ Bowls	 6 tablespoons	 3 & ½ Bowls
 Fish or Meat or Peanut OR  Egg	 1 tablespoon		 2 tablespoons		 3 tablespoons	
 Vegetable	 1 tablespoon (chopped)		 2 tablespoons		 3 tablespoons	
 Oil	 1 teaspoon		 ½ teaspoon		 1 tablespoon	

Figure 19

SECTION 4

Complementary Feeding
Guide and Recipes

For Children

9-11 MONTHS
OLD



Photo 8



SECTION 5

Complementary Feeding Guide and Recipes for Children 9-11 Months Old

Children Aged 9-11 Months

As your child gets older, increase the quantity of enriched borbor. Continue making complementary foods using:

-  Rice, sweet potato or taro
-  Fish, meat, liver, egg or beans (peanut, mungbean)
-  Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth leaves, pumpkin squash or leaves, or moringa leaves (marom) etc.
-  Add a little oil to increase the energy content and make the food tasty.

Yellow sweet potato, ripe papaya and ripe mango are good sources of vitamin A and can prevent night blindness.

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Feeding

-  Feed borbor 3 times per day. Increase the amount of food to an almost full bowl (Chan Chang Koeh) at each meal.
-  Give a snack each day, preferably fruits (banana, papaya, mango, jackfruit or milk fruit).



Photo 9



Figure 20 (National Nutrition Program)



Photo 10 (National Nutrition Program)

-  Continue to breastfeed on demand, day and night.



Example of Complementary Feeding Recipe for Children 9-11 Months

Rice with egg and pumpkin borbor

Ingredients



How to cook



Figure 21



Section 5

Complementary Feeding Guide and Recipes for Children 9-11 Months Old

3

Complementary Feeding Recipes for Children Aged 9-11 months: Using Rice

What to select and cook for 1 meal



Child Feeding



Feed child 3 times a day and provide snack once a day



Continue breastfeeding

- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats.

Figure 22

4 Complementary Feeding Recipes for Children Aged 9-11 months: Using Sweet Potato or Taro

What to select and cook for 1 meal

Sweet potato
(Yellow Sweet Potato is better than White)

or

Taro

Fish

or

Egg

or

Beans

or

Meat and liver

Pumpkin

or

Ivy gourd

or

Morning glory

or

Amaranth

Cooking oil
(½ table spoon)

Clean water for cooking

Almost full bowl

Child Feeding

9-11 Months

Feed child 3 times a day and provide snack once a day



Continue breastfeeding

- Remember!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dish washing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats.

Figure 23



What you will need for the preparation of more than one meal (9-11 months)

29

Ingredients	1 meal		2 meal		3 meal	
	Quantity	Water	Quantity	Water	Quantity	Water
 Rice OR  Sweet potato or Taro	 2 & ½ tablespoons	 1 & ½ Bowls	 5 tablespoons	 3 Bowls	 7 & ½ tablespoons	 4 & ½ Bowls
 Fish or Meat or Peanut OR  Egg	 1 & ½ tablespoons		 3 tablespoons		 4 & ½ tablespoons	
 Egg	 1 Egg		 1 Egg		 1 Egg	
 Vegetable	 1 & ½ tablespoons		 3 tablespoons		 4 & ½ tablespoons	
 Oil	 ½ tablespoon		 1 tablespoon		 1 & ½ tablespoons	

Figure 24

SECTION 6

Complementary Feeding
Guide and Recipes

For Children

12 - 23 MONTHS
OLD



Photo 11

SECTION 6

Complementary Feeding Guide and Recipes for Children 12-23 Months Old

Children Aged 12-23 Months

In addition to enriched borbor, your child can start eating part of the family meal from 12 months on. Continue preparing enriched Borbor from variety of food in the home and include:

- 👉 Rice, sweet potato or taro
- 👉 Fish, meat, liver, egg or beans (peanut, mungbean)
- 👉 Vegetables such as morning glory, ivy gourd leaves, star gooseberry leaves (ngub), amaranth, pumpkin, etc.
- 👉 Add a little oil to increase the energy content and make the food tasty.

Feeding

- 👉 Feed enriched borbor 3 times per day.
- 👉 Increase the amount of the food to a full bowl at each meal.
- 👉 Give snacks, especially fruits 2 times per day.



Photo 12



Figure 25 (National Nutrition Program)



Photo 13 (National Nutrition Program)

- 👉 Continue breastfeeding on demand, day and night.



Example of Complementary Feeding Recipe for Children 12-23 Months

Taro with meat and ivy gourd leaves borbor

Ingredients

How to cook

Cooked food



Figure 26

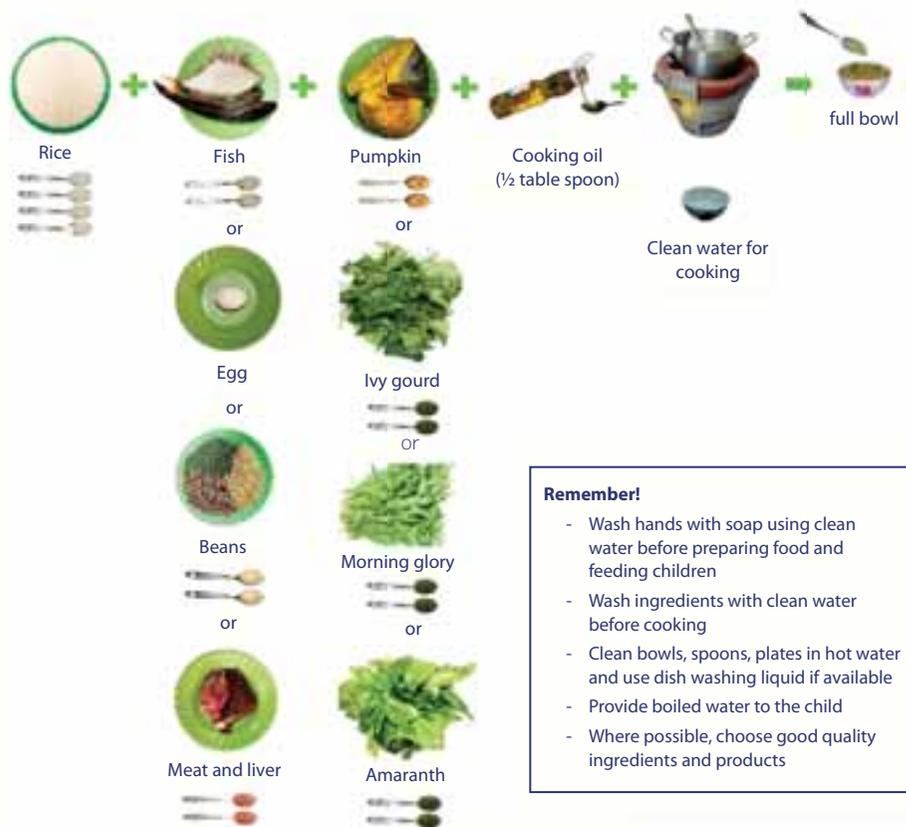
Section 6

Complementary Feeding Guide and Recipes for Children 12-23 Months Old

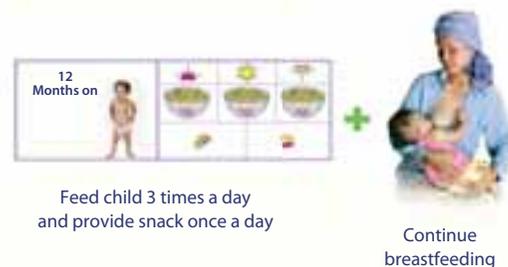
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Complementary Feeding Recipes for Children Aged 12-23 months: Using Rice

What to select and cook for 1 meal



Child Feeding



Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products

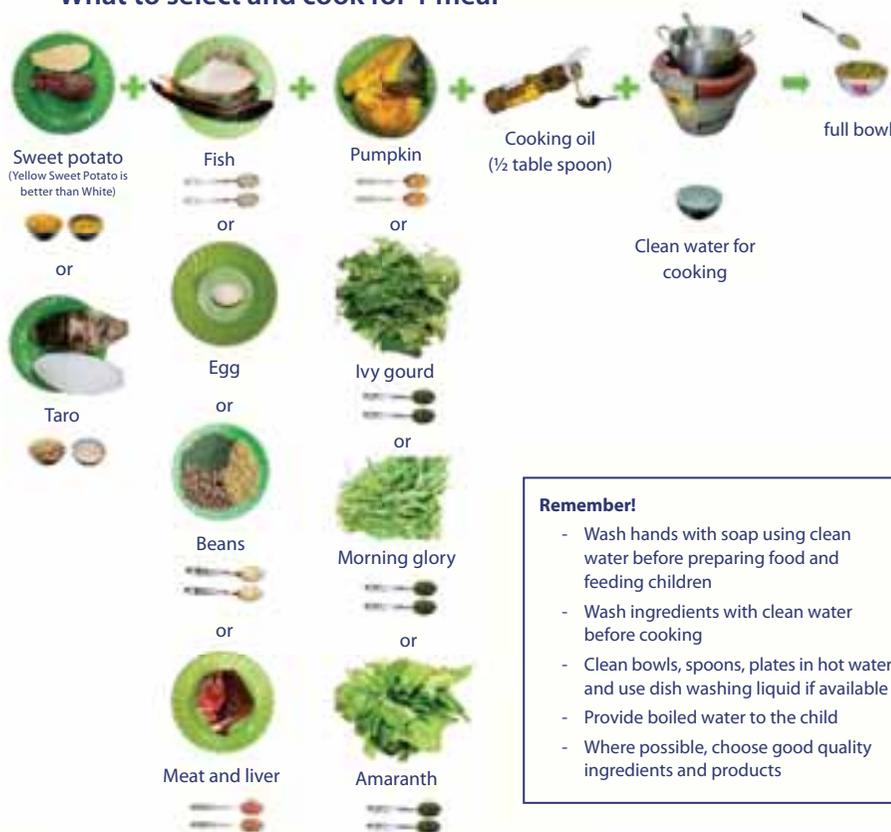


Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats.

6 Complementary Feeding Recipes for Children Aged 12-23 months: Using Sweet Potato or Taro

What to select and cook for 1 meal



Remember!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dish washing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products

Child Feeding



Ingredients used in this poster are only examples, use similar, locally available foods

Remember! The more the variety, the more the child eats.

Figure 28



What you will need for the preparation of more than one meal (12-23 months)

Ingredients	1 meal		2 meal		3 meal	
	Quantity	Water	Quantity	Water	Quantity	Water
 Rice OR  Sweet potato or Taro	 3 & ½ tablespoons	 2 Bowls	 7 tablespoons	 4 & ½ Bowls	 10 & ½ tablespoons = ½ tin	 6 & ½ Bowls
 Fish or Meat or Peanut OR  Egg	 2 tablespoons		 4 tablespoons		 6 tablespoons	
 Egg	 1 Egg		 1 Egg		 1 Egg	
 Vegetable	 2 tablespoons		 4 tablespoons		 6 tablespoons	
 Oil	 ½ tablespoon		 1 tablespoon		 1 & ½ tablespoons	

Figure 29

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