

7 FOOD RATION SCALE FOR BABIES 6 - 12 MONTHS**7.1 DAILY AND WEEKLY ALLOWANCE FOR PATIENTS (BABIES 4 - 12 MONTHS)**

ITEM	DAILY ALLOWANCE PER PATIENT SERVING	PORTION SIZE
Brown/whole-wheat bread	30 - 40g	A portion of bread is half a slice (17-20g) and is equivalent to the following: Biscuits/Rusk's 15g Crackers 15g Maize meal, dry (soft or thick) 15 - 25g
Dry cereals Breakfast	30 - 75g 15 - 35g	A portion of breakfast cereal is equivalent to the following: Brown/whole-wheat bread 17 - 20g Corn-flakes 15g Oats, dry 15g Grain sorghum, dry 15g Maize-meal, dry Soft porridge 15g Thick porridge 20g
Light or main meal	15 - 40g	A portion of starch is equivalent to one of the following: Rice/maize/rice/pasta, dry 15g Samp/crushed wheat, dry 25g Maize-meal, dry: thick porridge 50g The starch may be replaced with a starchy vegetable, e.g. potatoes. (Section 7.3)*
Vegetables - fresh as purchased Potatoes/sweet potatoes Other vegetables	50 - 70g 60 - 80g	(Section 7.3)* for portion sizes of potatoes and other vegetables as purchased.
Jam/ Syrup	10g (12,5ml) 5g	A portion of jam is equivalent to one of the following: Jam, portioned 5g (4ml) Syrup 5g (4ml) For cooking purposes
Margarine /cooking oil	5g 2,5g/ml	A portion of margarine is 2,5g (2,5ml) is equivalent to one of the following: Cooking oil 2,5ml Mayonnaise/salad cream/dressing 2,5ml For cooking purposes
Milk Baby formula	375 - 650ml	The range makes provision for younger babies who require more milk and older babies who require less milk
Skim-milk powder	5g	Skim milk is used for cooking purposes
Sugar	5g 5g	A portion of sugar is equivalent to the following: Un-portioned 5g For cooking purposes
Fruit Fresh, as purchased OR Juice or nectar diluted	1 portion (50 - 100g) 10 - 75ml	A portion of fresh fruit in season is equivalent to the purchase weight of one of type of fruit as shown in (Section 7.3)* 75ml fruit juice/nectar may replace a portion of fresh fruit once a week, or 15g fruit juice powder.
Cheese	20g 5g	The quantities for different uses are as follows: Cheese on its own: Cheese: 10g Meatless dish (main course for light meal): Cheese: 10g For cooking purposes
Sandwich spreads Peanut butter Meat/vegetable spread	5g 2,5g	

Meat/poultry/fish Raw, without bone Or Raw with bone	160g	A portion of meat/poultry/fish is equivalent to the purchase weight of the meat/poultry/fish as shown in (Section 7.3)* 30g meat without bone may be replaced with one of the following combinations of TVP (<i>texturised vegetable protein</i>), or dried legumes, and meat: 3g TVP (dry) + 30g meat-raw, with bone 3g TVP (dry) + 25g meat-raw, without bone 6,5g TVP (frozen) + 30g meat-raw, with bone 25g TVP (frozen) + 25g meat-raw, without bone 7,5g legumes + 30g meat-raw, with bone 7,5g legumes + 25g meat-raw, without bone
	175g	
Dried legumes/TVP (dry/frozen)	10 - 20g	The quantities for various uses per portion are as follows: Dried legumes in soup/dishes 10 - 15g Dried legumes or TVP combined with meat 5 - 10g
Eggs	2	One egg is a portion and is equal to one of the following: Frozen scrambled-egg mixture 50g Egg powder 13g
	1	For cooking purposes

NB: The ration scale does not make provision for the iron requirements (as stipulated in the RDA) of babies 6-12 months old, and these babies should receive a suitable iron supplement.

** (Section 7.3) Interpretation of the ration scale, provides information about the use of the ration scale for babies 6-12 months.*

7.2 KITCHEN COMMODITIES FOR BABIES 6 - 12 MONTHS

ITEM	WEEKLY PER 100 TODDLERS	BASIS FOR SUBSTITUTIONS
Baking powder	75g	20g baking powder = 5g bicarbonate of soda + 10g cream of tartar
Flavouring	20ml	
Jelly powder	350g	100g jelly powder = 10g gelatine OR 100g dessert powder
Colouring and browning	15ml	
Cake flour	2,5kg	100g cake flour = 50g maize meal OR 70g Sago OR 50g custard powder
Herbs and spices	60g	1g of any herb or spice = 1g of a suitable flavouring powder
Salt	1kg	
Meat extract cubes powder	500g	100g meat extract = 100g sauce powder/soup powder OR 2,5 litre meat stock (<i>made up</i>)

7.3 INTERPRETATION OF THE RATION SCALE FOR BABIES 6 - 12 MONTHS

7.3.1 DAILY ALLOWANCES: FULL NORMAL DIET

7.3.1.1 Brown/Whole-wheat Bread: Ration per Baby: 30 - 40g

- This ration is based on one (1) and a half (1/2) slices of bread per day. A standard loaf will provide 21-25 slices. Half a slice of bread is served at tea-time in the morning and in the afternoon and with supper. For younger babies the bread is omitted initially. When the bread is omitted, the margarine allowance falls away accordingly. A biscuit or rusk may be given instead of the bread as a snack at tea-time in the afternoon.

7.3.1.2 Dry Cereals: Ration per Baby: 30 - 75g

- These include porridge meal, dry cereals, pastas, rice, maize rice and samp.

(i) Breakfast: Ration per baby: 15 - 35g

- A portion of breakfast cereal, dry weight, is equivalent to the following:

Brown/whole-wheat bread	15 - 30g
Corn-flakes	15g
Oats	15g
Grain sorghum	15g
Maize-meal	
Soft porridge	25g
Thick porridge	35g

- Dry breakfast cereals are more expensive than soft porridges. To cut costs baby porridge may be replaced with soft porridge.

(The cultural eating habits of the people in the area must be taken into account)

(ii) Light or main meal: Ration per baby: 15 - 40g

- A portion of starch, dry weight, is equivalent to one of the following:

Rice/maize rice/pasta	25g
Maize-meal: thick porridge	35g

- A portion of starch is also equivalent to a portion of the following starchy vegetables:

Potato/sweet potato	60g (purchase weight)
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7.3.1.3 Vegetables - Fresh as Purchased

(i) Potatoes/sweet potatoes: Ration per baby: 50 - 70g

- There are 6-8 potatoes per kilogram, depending on their size. A portion of potato/sweet potato, or other starchy vegetable as purchased, is equivalent to the following:

STARCHY VEGETABLE	SIZE OF SERVED PORTION	PURCHASE WEIGHT	NUMBER OF PORTIONS PER kg
POTATOES			
Fresh, Whole	40 - 45g	50 - 60g	16 - 20
Fresh, diced	35g	45 - 55g	18 - 22
Fresh, mashed	35g	45 - 55g	18 - 22
Dehydrated	40g	10g	100
SWEET POTATOES			
Fresh	40 - 45g	60 - 70g	22 - 25
Dehydrated	50g	15g	66

(ii) Other vegetables: Ration per baby: 60 - 80g

- This allows for two cooked vegetables and one salad to be served daily.
- A portion of vegetables is equivalent to the purchase weight of one of the following:

VEGETABLES	SIZE OF SERVED PORTION	PURCHASE WEIGHT	NUMBER OF PORTIONS AS PURCHASED PER kg
BUTTERNUT			
Fresh	(without skin) 30g	80-85g	12
Pre-prepared	30g	55g	16

CARROTS			
Fresh, with tops	30g	60g	16
Fresh, without tops	30g	40g	25
Frozen	30g	30g	33
Canned	30g	55g	
Dehydrated	30g	5g	200
Pre-prepared	30g	45g	20
GEM SQUASH	<i>(with skin)</i>		
Fresh cooked	30g	70 - 75g	13 - 14
Pre-prepared	30g	50g	18
GREEN PEAS			
Frozen	30g	30g	15 - 22
Canned	30g	30g	
Dehydrated	30g	5g	140
HUBBARD SQUASH			
Fresh	30g	60g	20
Pre-prepared	30g	50g	22
MOROGO			
Dehydrate	30g	5g	200
PUMPKIN			
Fresh, cooked	30g	60g	20
Pre-prepared	30g	50g	22
SPINACH			
Fresh, cooked	30g <i>(without stalks)</i>	70g	14
Fresh, cooked	30g <i>(end of stalks cut off)</i>	60g	20
Dehydrated	30g	5g	180
Pre-prepared	30g	55g	18
TOMATOES			
Salad	25 - 30g	30 - 35g	28 - 33
Canned	According to dish	According to dish	

- The following weights can be used for calculating the purchase weights of canned vegetables in A10 cans. These weights represent the net weight (drained weight, choice grade) of the various vegetables.

CANNED VEGETABLES	PORTIONS PER A 10 CAN
Green peas	1,96kg = 30 x 65g
Tomatoes, whole and peeled	1,82kg = 28 x 65g
Carrots	1,82kg = 28 x 65g

7.3.1.5 Jam: Ration per Baby: 15g (12,5ml)

- This is for spreading on bread at supper. The extra 5g is for kitchen use.

7.3.1.6 Margarine/Cooking Oil: Ration per Baby: 7,5g/ml

- Margarine is used for spreading bread. One teaspoon is 5g and is enough to spread one slice of bread.

7.3.1.7 Milk

(i) **Fresh: Ration per baby: 375 - 650ml**

- Milk is used for as listed in table (*Example of milk distribution*):

Early morning	100 - 150ml milk/formula
Breakfast porridge	50ml
Mid-morning	75 - 150ml milk/formula
Lunch	75 - 150ml milk/formula
Supper	75 - 150ml milk/formula
TOTAL	375 - 650ml

(ii) Full cream-milk powder: Ration per baby: 5g (50ml reconstituted)

- The full cream-milk powder can be used for custard, and puddings. To make one litre full cream milk, follow the directions on the package.

7.3.1.8 Sugar: Ration per Baby: 10g

- Example of sugar distribution:

SUGAR IS USED FOR	
Breakfast porridge	1 teaspoon (5g)
Kitchen use	1 teaspoon (5g)
TOTAL	10g

7.3.1.8 Fruit: Ration per Baby: 50 - 100g/day

- Portion sizes for fruit:

FRUIT	SIZE OF SERVED PORTION	PURCHASE WEIGHT	NUMBER OF PORTIONS PER kg AS PURCHASED
APPLES			
Fresh, small	1/2	55 - 60g	18
Canned	50g	50g	
BANANAS			
Fresh, medium	1/2	50 - 60g	20
PEARS			
Fresh, small	1/2	50 - 60g	20
Canned	2 x 50g = 100g	175g	
WATERMELON			
Fresh, peeled	50g	90g	10
PURE FRUIT JUICE OR FRUIT NECTAR	75 ml ready to drink Refer to the instructions on the label for the correct dilution		

- Fresh fruit may be substituted with canned fruit occasionally, but not more than once per week. The following weights can be used for calculating the purchase weight of canned fruit in A10 packs. These weights represent the net weight (*drained weight, choice grade*) of the various types of fruit:

CANNED FRUIT		PORTIONS PER A10 TIN	SIZE OF SERVED PORTION
Apricot	halves	1,82kg = 115 - 130 halves	2 x 35g = 70g
Apple	pie	2,84kg = 28 x 100g portions	100g
Pears	halves	1,75kg = 30 - 38 halves	2 x 50g = 100g
Peaches	halves	1,82kg = 34 - 36 halves	2 x 50g = 100g
	Slices	1,82kg = 120 - 135 slices	6 - 7 slices

7.3.3 WEEKLY ALLOWANCES**(i) Dried Legumes/Tvp (dry) : Ration per Baby: 10 - 20g**

- The quantities per portion for various uses are as follows:
 - Dried legumes in soup/dishes 10-15g
 - Combined with meat 5g

- TVP (*texture vegetable protein*) is used with minced meat dishes as a meat extender (*see ration scale*).
- (ii) **Eggs: Ration per Baby: 3 - 4**
- Eggs are to be served 3 times per week at breakfast. One egg is a portion and is equal to one of the following:
 - Frozen scrambled egg mixture 50g
 - Egg powder 3g
 - 1 egg for cooking purposes
- (iii) **Cheese: Ration per Baby: 20g**
- The quantities for different uses are as follows:
 - Cheese on its own (*for breakfast*) 10g
 - Meatless dish (*main course for light meal*) 5g
- (iv) **Sandwich Spreads**
- The quantities allowed are as follows:
 - Peanut butter 5g
 - Meat/vegetable spread 2,5g
- (v) **Meat/Poultry/Fish**
- (a) *Raw, without bone: Ration per person:* 60g
OR
- (b) *Raw, with bone: Ration per person:* 175g
- Portion sizes for meat, and poultry:

TYPE OF MEAT	SIZE OF SERVED PORTIONS	PURCHASE WEIGHT	NUMBER OF PORTION PER kg AS PURCHASED
MEAT WITHOUT BONE			
Mince meat, lean	20g	25g	40
Liver	20g	25g	40
POULTRY			
Chicken breast	25g	40g	25
Chicken thigh	25g	40g	25

(vi) **Recommended distribution of protein dishes:**

TYPE OF FOOD	QUANTITY TO BE USED	NUMBER OF SERVINGS PER WEEK
EGGS		
Eggs	2	Twice
Kitchen use	1	According to recipe
TOTAL PER WEEK	3	2
MEAT/POULTRY: as purchased		
<i>Main dish:</i>		
Meat without bone (<i>e.g. mince meat</i>)	25g	7 times
Meat with bone (<i>e.g. chicken</i>)	40g	4 times
TOTAL PER WEEK	175g meat without bone 160g meat with bone	11
CHEESE		
Meatless dish for light meal	10g	Once
Kitchen use	15g	According to recipes
TOTAL PER WEEK	25g	2
WEEKLY TOTAL		15

7.3.4 KITCHEN COMMODITIES FOR BABIES

The quantities of food used to make dishes, sauces, etc. are indicated under item 7.2.