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INFANT FEEDING



LE GOUVERNEMENT
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LEGAL NOTICE

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FOREWORD

The guide “Infant feeding” is part of a series of guides on balanced nutrition. These guides are produced as part of the national programme “Gesond iessen, Méi beweegen” (GIMB).

They are an update of the national recommendations for baby nutrition and are regularly updated on the GIMB website (gimb.lu).

They were written in collaboration with the Ligue médico-sociale and a group of experts from the field of early childhood.

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1. BREASTFEEDING



The World Health Organisation (WHO) recommends exclusively breastfeeding until the age of six months, and beyond then, breastfeeding should continue with the introduction of food until the age of two or older.

The introduction of new foods is recommended at the earliest at 4 months of age (4 months + 1 day, i.e. 17 weeks) and at the latest at the beginning of the 7th month. It is important to be aware of the developmental signs of your child

Breast milk has the **ideal composition** to nourish your baby and is the **best food** for development and growth. Extending breastfeeding increases its benefits.



1.1. CHARACTERISTICS OF BREAST MILK

1.1.1. Some advantages and benefits for baby

- Its composition is always adapted to the different needs of your baby;
- Its composition evolves over time according to the needs of your baby and is perfectly adapted to her digestive capacities;
- It is well **tolerated** and **easy to digest**;
- its composition **varies** during the feeding;
- it promotes good sleep;
- its taste varies according to the mother's diet, which helps baby to develop her own sense of taste;
- it contains bioactive substances that have beneficial effects;
- it contains **antibodies** and protects against infections;
- it reduces the risk of **allergies**;
- it is clean and free of harmful germs;
- it promotes healthy **intestinal flora**;
- it is **always ready** and at the right temperature.



1.1.2. Some advantages and benefits for the mother

- Breastfeeding helps to reduce the size of the uterus after childbirth;
- it has a protective effect against certain cancers such as breast and ovarian cancer;
- Breastfeeding strengthens the mother's bones and helps to reduce some bone fractures after the menopause;
- It promotes weight loss in the mother, even if she increases her caloric intake, as recommended throughout the lactation period;
- It does not require any specific preparation and is a time saver;
- it is good for the environment;
- it has practical aspects: no need to prepare a bottle in the middle of the night, no need to plan for an outing or a trip.



Breastfeeding is much more than food. Skin-to-skin contact and emotional warmth reassure baby and gives her that loving foundation of trust that is important for psychological development. Consult your pediatrician about any changes in your baby's diet.

It is important not to be discouraged, even if in the beginning, breastfeeding is sometimes difficult. The initial inconveniences should soon disappear, leaving room for special moments to be shared with your child.

If you have questions, a problem, or just need support, talk to an experienced breastfeeding midwife, lactation consultant, breastfeeding group or your pediatrician.

Here are some documents that can help you:



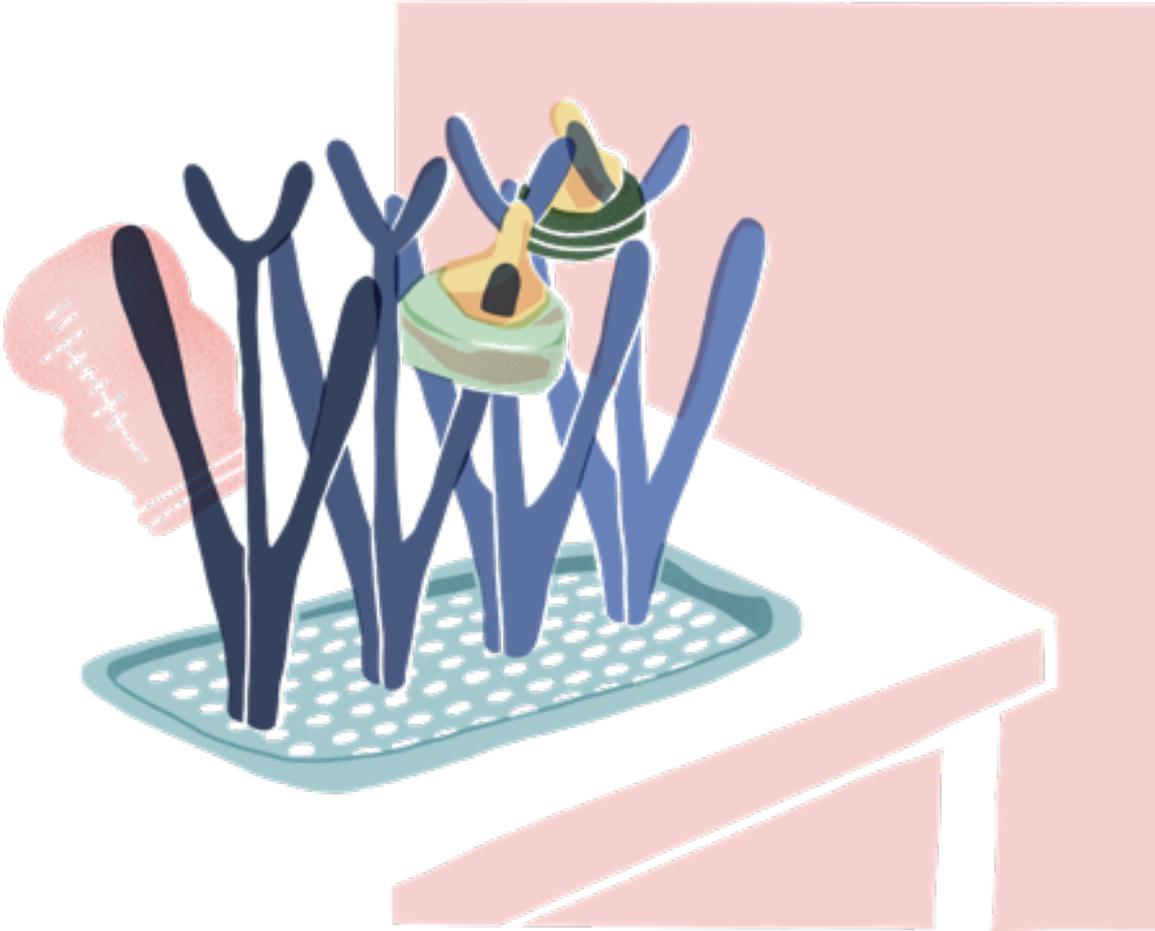
- ▶ [Allaitement - Qui fait quoi ?](#)
- ▶ [Breastfeeding from A to Z](#)
- ▶ [To breastfeed and work, is your legal right!](#)
- ▶ [Oui, j'allaiter encore !](#)

1.1.3. Clusterfeeding

Some infants ask to nurse **several times** during the day at short intervals. They do not let go of the breast for 2-4 hours before taking a break. It is important to know that this variability in feeding frequency is normal and you can accommodate the infant's requests.



2. BOTTLE FEEDING WITH INFANT FORMULAS AND FOLLOW-UP MILKS



When baby is not breastfed or in the case of mixed breastfeeding, it is essential to use an **infant formula**. Infant formulas **meet the needs** of infants at different ages.

There is a wide variety of milks, some of which are reserved for special situations. Ask your pediatrician or dietician for advice.

Shops sell formulas in liquid form, ready to use or in powder form to be diluted and are subject to legislation.

Milk from animals (cows, goats, mares, sheep, etc.) or vegetable “milks” (almond milk, soy milk, etc.) are not suitable for feeding infants. The composition of these drinks is not adapted to the needs of infants and cannot ensure optimal development of your baby.

2.1. INFANT FORMULAS (0-6 MONTHS)

Their **composition** is such that they **fully** cover the needs of infants up to the age of 6 months. They provide the energy and nutrients necessary for baby’s healthy development. It is therefore not advisable to enrich bottles.





TIPS

The timing, volume and number of feedings compared to baby formula do not change.

2.2. FOLLOW-UP MILKS (FROM 6 TO 18 MONTHS)

Around the age of 6 months, baby formula is replaced by **follow-on milk**.

Follow-on milks are specifically designed to meet the nutritional needs of infants from **6 to 12 months of age** and comply with legislation. Their composition is perfectly adapted to feed infants up to **18 months**.

2.3. MILK WITH SPECIAL PROPERTIES

Milks with special therapeutic properties **are prescribed or recommended** by a pediatrician or dietician.

2.4. FOOD SUPPLEMENTS

No supplements/medication should be taken without the advice of your pediatrician.

2.5. IN CONCLUSION

In recent years, many **new infant** formula products have appeared on the market. Some of them meet the needs of infants and the expectations of parents. They are based on scientific research and are regularly evaluated and adapted based on new knowledge. Others respond more to a “marketing” concern than to a real need.

2.6. TEATS AND BOTTLES

There are different **types of teats**: choose one according to baby’s age and the consistency of the milk. Above all, do not pierce the teats, and replace them as soon as they are damaged, as there is a risk that baby will swallow broken pieces.

Favour **glass** or **stainless steel** bottles. This way you can be sure that no undesirable substances will get into the milk.



TIPS

Use milk recommended at the maternity hospital or one recommended by your pediatrician.

Do not change your milk unless advised by your pediatrician or dietician.



2.7. CLEANING THE BOTTLE

It is advisable to clean bottles and teats as soon as possible after use. They should be cleaned well with soapy water using a clean brush provided for this purpose. They should then be rinsed under running water.

Washing the bottles in the dishwasher $\geq 65^{\circ}\text{C}$ is also possible.

Instructions for use:

- Wash your hands well before starting.
- Clean and rinse bottles and teats thoroughly with soapy water, preferably using a brush.
- Leave to air dry in a clean place with the opening at the bottom, do not dry with a cloth.
- Or wash them in a dishwasher $\geq 65^{\circ}\text{C}$.

If your doctor has advised you to sterilise bottles, here are some possibilities:

- ▶ in a specially designed sterilizer;
- ▶ in boiling water for 15 minutes;
- ▶ in a pressure cooker (steaming) for 10 minutes;
- ▶ using an aseptic solution available in pharmacies.

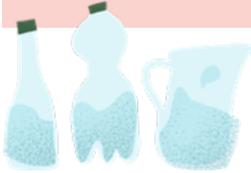




IMPORTANT

☞ Always follow **the dosage** as indicated by the manufacturer.

☞ Be **very precise** when **measuring out** the milk powder and use the flat edge of a knife to ensure that the measurement is levelled off.



2.8. PREPARING THE BOTTLE

Most infant formulas are sold as **powder** to be added to water. This process is done with the **measuring spoon** inside the box and following the manufacturer's instructions. In general, 1 level measure is diluted in 30 ml of water, so 2 level measures in 60 ml of water, 3 level measures in 90 ml and so on.

Wash your hands thoroughly beforehand.

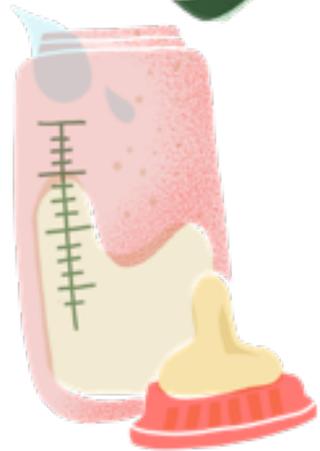


1

Measure out the desired quantity of water in the bottle.

2

Add the measuring spoons of milk powder according to the manufacturer's instructions and shake gently.



3

Gently warm the bottle to the desired temperature.



35 - 36°C

4

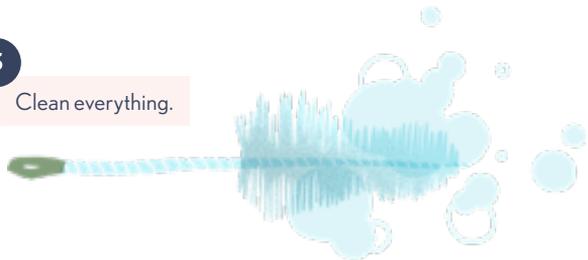
Give the bottle slightly warmed or at room temperature.

Dispose of any milk that has not been used.



5

Clean everything.



2.8.1. Water

Use mineral water that is “suitable for the preparation of baby food”. This is indicated on the label of the bottle. Any opened bottle of water should be kept in the fridge and used within 24 hours.

Fresh tap water is suitable for bottle feeding from the time of feeding. However, do not use water that has been left standing in the pipes. Let the water run until cold water comes out of the tap. Never use water that has gone through a filtration system such as an anti-limescale system for example.

2.8.2. Preparation in practice

- ▶ Always follow the dilution on the milk powder label and the manufacturer’s instructions.
- ▶ Always prepare bottles on a clean surface.
- ▶ Use clean materials.
- ▶ Preferably prepare the bottles just before use.
- ▶ If you prepare a bottle in advance, it should be kept in the fridge at 4°C to 8°C until you use it.
- ▶ If you have to bottle-feed away from home, take warm water and milk powder separately and prepare the bottle just before feeding.
- ▶ We strongly discourage storing prepared bottles because of the growth of bacteria and the risk of infection for the infant.
- ▶ Leftover milk should be disposed of.
- ▶ It is advisable to clean the bottles immediately after use and to let them air dry.

WATER 	SCOOP(S) LEVELLED OFF MILK POWDER
30 ml	1 ✓
60 ml	2 ✓
90 ml	3 ✓
120 ml	4 ✓
150 ml	5 ✓
180 ml	6 ✓



- **Measure** the desired volume of water into the bottle or a sterilised container.
- **Add** the recommended number of level scoops of milk powder for the chosen volume of water.
- Put the cap on.
- **Shake** the milk **well** so that the powder dissolves.
- Heat in a bottle warmer or bain-marie (pan of hot water).
- **Shake** the milk **well** so that the temperature is evenly distributed.
- For reasons of hygiene, do not leave bottles in the bottle warmer for longer than necessary.

The ideal bottle **temperature is 35-36 degrees** (close to body temperature). Thermometers specifically designed for this purpose are available for purchase. It is however also possible to feed baby milk at room temperature.

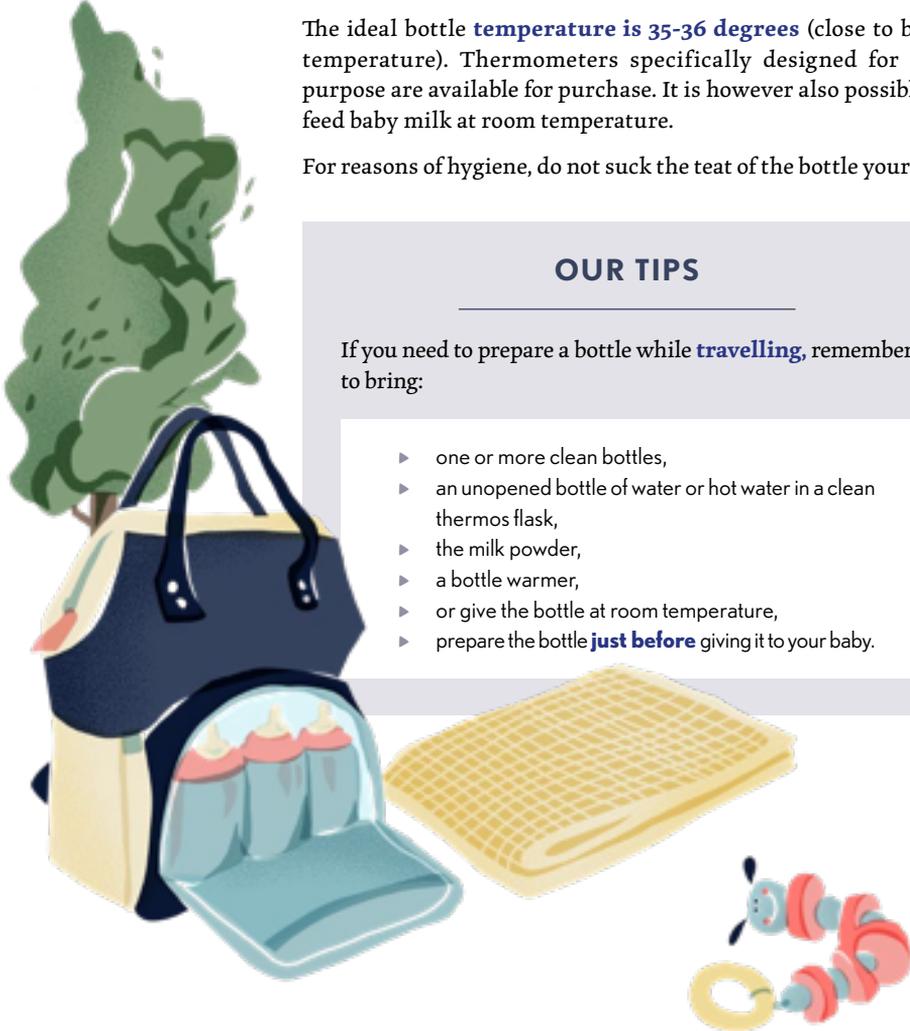
For reasons of hygiene, do not suck the teat of the bottle yourself.



OUR TIPS

If you need to prepare a bottle while **travelling**, remember to bring:

- ▶ one or more clean bottles,
- ▶ an unopened bottle of water or hot water in a clean thermos flask,
- ▶ the milk powder,
- ▶ a bottle warmer,
- ▶ or give the bottle at room temperature,
- ▶ prepare the bottle **just before** giving it to your baby.



2.9. FLOURS AND FLAKES FOR BABY BOTTLES

The addition of flour to the bottle is **not recommended** for proper feeding. Infant formulas contain enough energy to cover baby's needs. Adding flour to the bottle may cause an imbalance in baby's diet.

Flours and flakes are dissolved in the milk. They increase the energy intake and prolong the feeling of satiety. It is important to make sure that baby always drinks the daily amount of milk recommended for his age to avoid deficiency symptoms.

However, if fortification is recommended by your doctor or dietician, it is important to make sure that you:

- ▶ do **not** feed your baby flours or flakes **before** the **age of 4 months**;
- ▶ **gradually** introduce the flour: start with a bottle and add one, then two teaspoons per 100 ml of liquid;
- ▶ choose flours or flakes **without added sugar and flavouring**;
- ▶ do not use milk flours to add to the bottle. They already contain milk and must be diluted with water;
- ▶ choose a suitable teat.

Cooking flours, such as cornstarch, are not suitable for thickening the bottle. Baby formula cannot be boiled.





pleasant atmosphere

positive attitude

communication and eye contact with the baby

respect your baby's appetite

let baby burp

comfortable

2.10. HOW TO BOTTLE-FEED A BABY

Promote **the pleasure of eating** by making the “meal time” a positive experience:

- Make yourself comfortable.
- Take your time.
- Create a pleasant atmosphere (! noise, room temperature, distraction ...).
- Ensure a positive attitude of the bottle-feeder.
- Maintain eye contact with baby, communicate with baby, and pay attention to baby (no TV, mobile phone ...).
- The angle of the bottle is important: when baby sucks, small bubbles should be seen in the bottle. The nipple of the bottle should always be full of milk to avoid baby swallowing air.
- Let baby drink at her own pace.
- Respect your baby's appetite, do not insist if she does not finish the bottle.
- Remember to let your baby burp.



nipple of the bottle should always be filled with milk



2.11. VOLUME AND NUMBER OF BOTTLES

The table below provides an idea of the usual amounts that infants drink during a 24-hour period (based on the average weight for the age of the baby). Infant feeding is however **on demand**, so trust your baby to adapt her intake to her needs. There is no need to insist if she does not drink the indicated quantities as long as her growth and weight curve evolves normally.

AGE	TOTAL VOLUME PER DAY	NUMBER OF MEALS PER DAY
		
8 - 15 days	450 - 500 ml	7 - 8
15 - 30 days	550 - 650 ml	6 - 7
2 nd month	600 - 700 ml	5 - 6
3 rd month	720 - 800 ml	5 - 6
4 th month	780 - 850 ml	4 - 5
5 th - 6 th month	800 - 950 ml	4
6 months - 1 year	500 - 600 ml	2 - 3



IMPORTANT

☞ *Reminder: When preparing the bottle, always follow the dilution indicated on the milk package.*

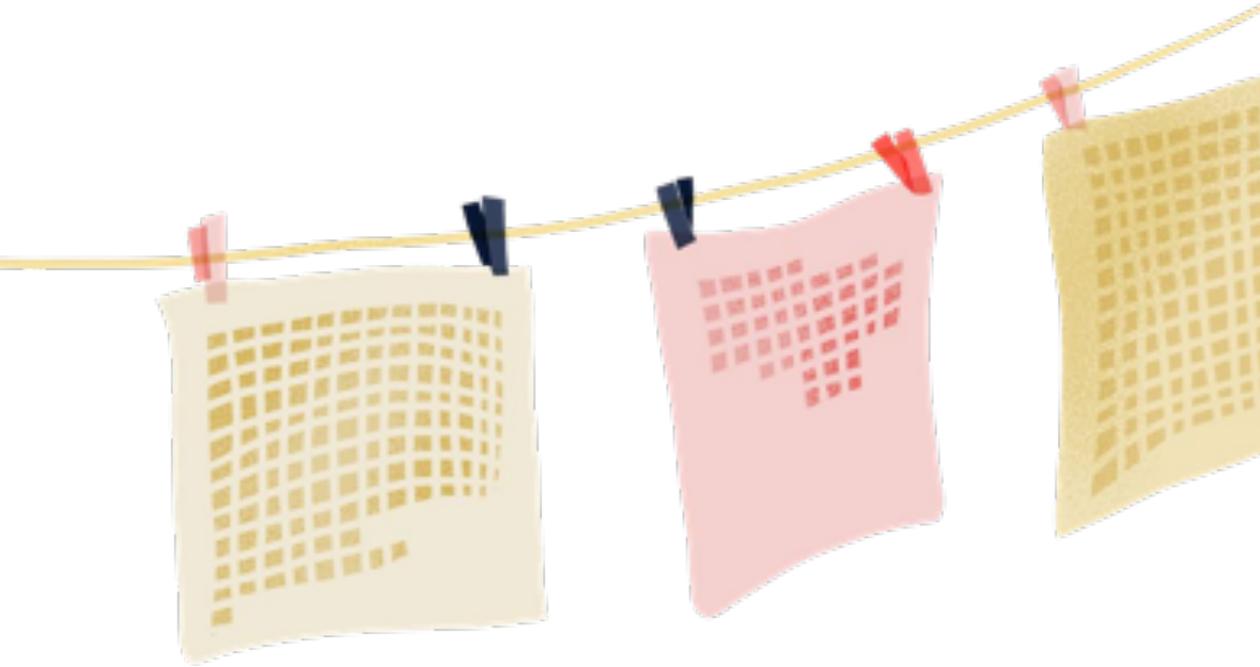
☞ *Baby's appetite varies from one meal to the next, she will not finish her bottle every time. Encouraging her to finish her bottle anyway can increase the risk of spit-up.*

3. REGURGITATION



Some babies drink too much milk and because of the immaturity of the stomach sphincter, they **spit up excess** milk. Even if baby spits up a good amount of milk, there is no need to worry as long as she is developing normally.

When in doubt, ask your pediatrician for advice.

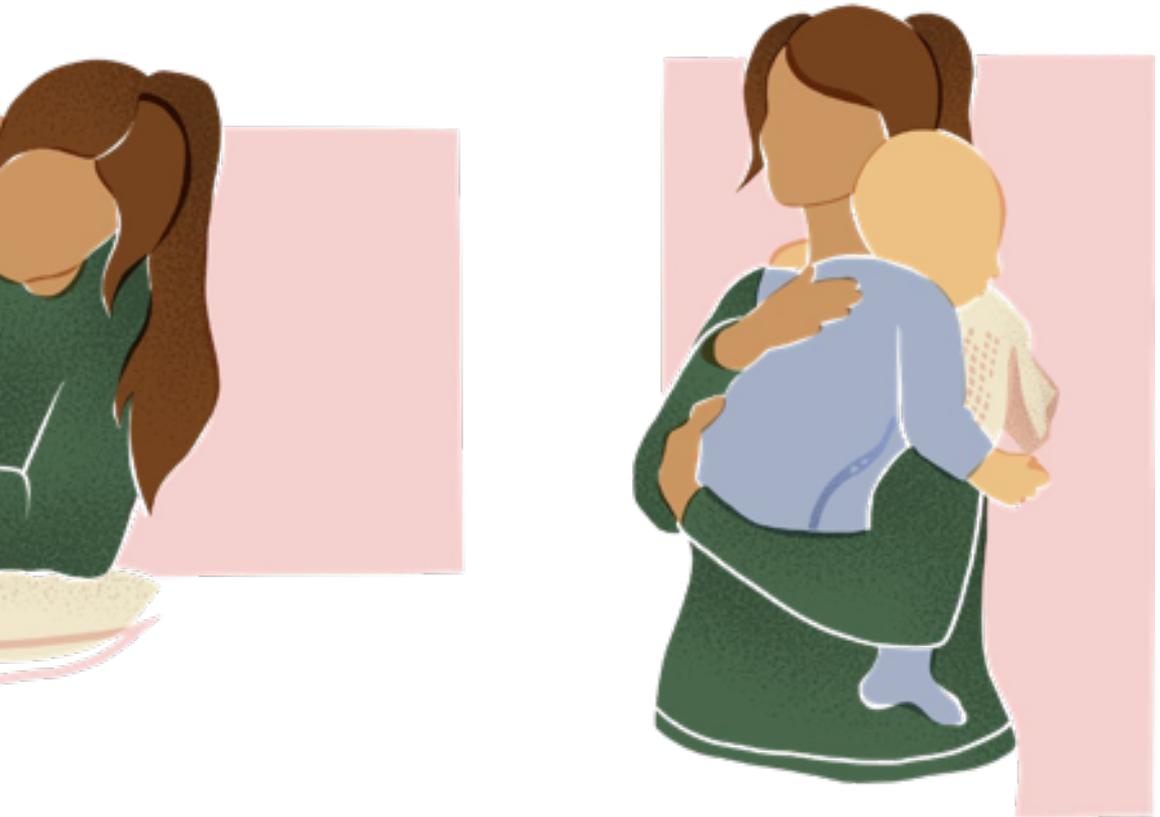


4. BURPING



Baby **swallows air** during feeding. The air will be **released** from the stomach when baby burps after a feed or bottle. To do this, hold baby in an upright position until she burps. However, do not insist on this for more than 15 minutes.

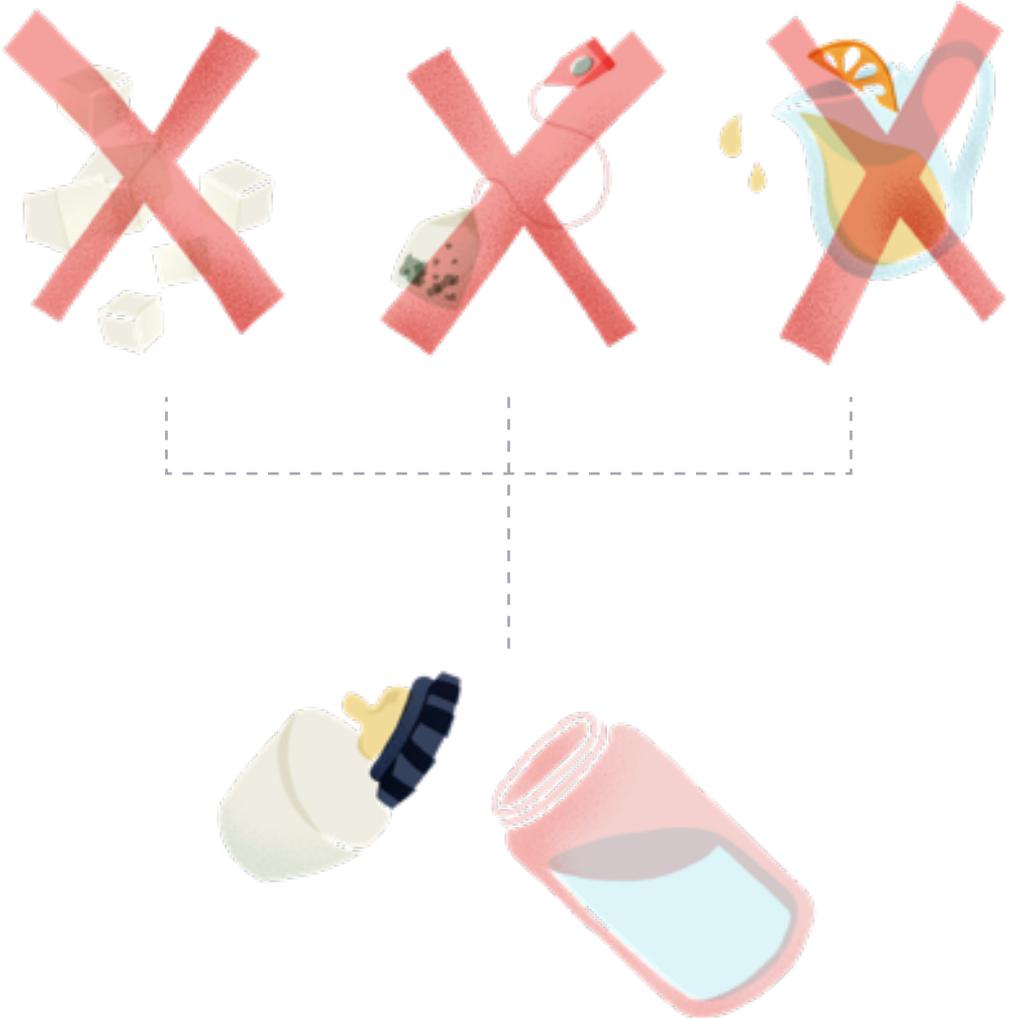
Breastfed babies swallow less air and do not burp as often as bottle-fed babies.



5. DRINKS



A healthy infant does not need to drink outside of breastfeeding or formula feeding. In hot weather, a baby who is still exclusively breastfed may ask for the breast more often and should have free access to feed as much as she wants. The mother should ensure that she drinks enough water to avoid baby being thirsty, despite multiple feedings. A baby receiving mixed feeding or a non-breastfed baby may be offered **water that is suitable for preparing baby food**. Do not add anything to the water, such as herbal tea or fruit juice. Above all, **never add** sugar or sweetened herbal teas, as this will accustom baby to a sweet taste and will constitute a significant intake of sugars. For the same reason, do not give her any other drink. This could also lead to baby refusing her milk, which is so important to her.



6. MEAL TIMES



From birth, your baby needs to be fed if she is hungry. Respect her feeding rhythm, she knows how to feed according to her needs. You don't need to insist on a fixed schedule by giving her food without her asking for it.

Feeding should respect baby's needs, without confusing crying with hunger. For babies who are not breastfed, or who are bottle-fed, and to promote good digestion, a minimum interval of 2-3 hours must be observed between bottles.

After **birth**, baby has no reserves to fast and her fluid needs must be covered throughout the day (24 hours). You may be inclined to do everything you can to have a good night's sleep, but wanting to space out feedings too quickly is **dangerous** and **causes hypoglycaemia** (low blood sugar) in infants. This is because energy reserves before the age of 3 months are very limited, even if your baby is of an appropriate weight. **Night feeds** should be given at the time your baby wants them.

The gap between the night feeds will gradually increase and the times will eventually coincide with your usual times. Good sleeping habits are not established in the first few months of life.



TIPS

☞ *The number of bottles, as well as the volume drunk, varies from one child to another and for the same child from one day to the next.*





OUR TIPS

Observe your child carefully, he or she is unique and the best solution is to adapt the timetable and volumes to his or her rhythm.

- Baby is capable of self-regulating her needs, the natural reflex of hunger-satiety-thirst must absolutely be respected.
- Remember: a baby does not only cry because she is hungry. Crying can have other causes: the restless crying in the evening, the crying of separation from the parental body, desire for a cuddle, for warmth, etc. Learn to recognise your baby's requests.
- You will quickly recognise whether she is crying due to hunger or for some other reason.
- Do not feed if baby is not hungry, try to understand why baby is not well and respond appropriately to her needs.
- When baby is not breastfed, she normally needs a 2-3 hour break between meals.



It is important that you perceive your child's hunger and satiety **signals** and react accordingly.

As crying is not always a signal of hunger, other possible **causes** should be investigated when the infant cries.



I AM HUNGRY



Moves

Mouth opens

Head turns

I AM VERY HUNGRY



Stretches

Moves a lot

Hand in mouth

CALM ME DOWN, THEN FEED ME



Cries

Restless movement

Reddened skin

CALM BABY

- ▶ Hugs
- ▶ Skin to skin
- ▶ Talk
- ▶ Caressing

BABY MAY BE HUNGRY IF SHE

- moves her lips;
- opens her mouth searchingly;
- sucks on her fingers;
- is agitated, nervous;
- cries.

If she calms down as soon as she is in your arms, it means that she does not need to eat.

BABY IS FULL IF SHE

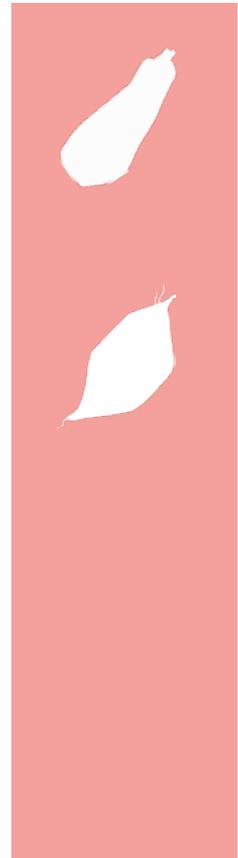
- drinks more slowly;
- stops drinking;
- falls asleep;
- lets go of the nipple or dummy;
- turns her head, closes her mouth;
- is calm, relaxed and happy.



IMPORTANT

✂ *The innate ability to self-regulate the amount of food baby consumes must be maintained and overfeeding must be avoided to prevent obesity.*

7. INTRODUCTION OF COMPLEMENTARY FEEDING



Complementary feeding is the **gradual** introduction of foods other than milk. It is also the transition from liquid foods to increasingly solid textured foods, also known as “weaning”. Baby will develop the skills to eat from a spoon and then to eat by herself with her fingers.



MONTHS

BREASTFEEDING OR BOTTLE FEEDING				0 to 4
Complementary feeding at the earliest after 17 weeks and no later than 26 weeks is recommended.				↓
DISCOVERY AND INITIATION				5 to 6
MORNING	NOON	AFTERNOON	EVENING	↓
Breastfeeding or infant formula	Gradual introduction of a vegetable or carbohydrate meal	Breastfeeding or infant formula	Breastfeeding or infant formula	↓
FAMILIARISATION				6 to 8
Breastfeeding or follow-on milk	Vegetable or carbohydrate meal with meat or fish or egg	Fruit	Breastfeeding or follow-on milk	↓
8 TO 12 MONTHS				8 to 12
Breastfeeding or follow-on milk with bread or fingerfood or milk porridge	Vegetable or starch meal with meat or fish or eggs	Fruit	Breastfeeding or follow-on milk with bread or fingerfood or vegetable meal	



TIPS

It is recommended that the introduction of foods other than milk should never occur before the beginning of the 5th month (17 weeks) or delayed beyond the beginning of the 7th month (26 weeks). In the case of a premature baby, it is recommended that diversification be delayed, taking into account the number of weeks of prematurity.

7.1. WHEN TO START COMPLEMENTARY FEEDING?

Diversifying your baby's diet is recommended between the ages of **17 weeks and 26 weeks**. After the age of 6 months, breast milk and infant formula alone are no longer sufficient to cover the child's nutritional needs, nor to provide the stimulation necessary for her development. The maturation of the **digestive system** makes it possible to begin food diversification.

Continuing milk feeding alone after 6 months is not recommended.

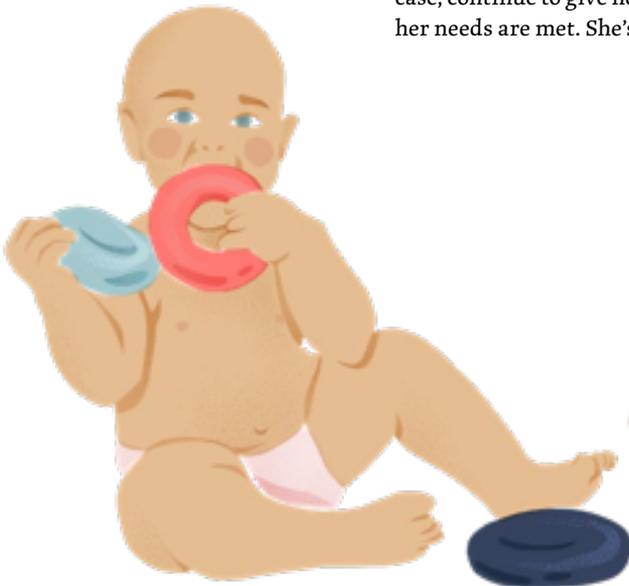


It is important to **adapt** the beginning of complementary feeding to baby's **evolution**. Complementary feeding is a gradual discovery for baby which is done in stages. This **learning process** should be a **moment of pleasure** for the child, giving her time to discover new tastes and textures and giving the digestive system time to adapt to new foods. It is important not to rush through the stages.

Baby is ready if:

- She holds her **head up**.
- She **puts** her toys in her mouth.
- She is **interested** in the food you eat.
- She is **learning** to stick her tongue out and is becoming more accepting of the spoon.
- She **shows** interest in foods other than milk.
- She finds **pleasure** in discovering new foods.

Each baby has his or her own rhythm which is important to respect. Some are happy to discover new foods. Others are less happy, and complementary feeding takes a little longer. In this case, continue to give her breast milk or infant formula to ensure her needs are met. She's only a few days away!



7.2. HOW TO PROCEED?

7.2.1. Phase 1

Around 5-6 months, the first stage is the **initiation of eating with a spoon** and the **discovery** of new smells, tastes, textures, flavours, etc. The aim is to **gradually replace** a feed or bottle with a vegetable meal.

7.2.2. In practice

See also the *recipes* section at the end of the guide

- ▶ Around **lunchtime** (or in the evening).
- ▶ **Before** or **after** a feed or bottle.
- ▶ Your baby is **slightly hungry** (if she is very hungry she may not have the patience to try new foods).
- ▶ Your baby is in a **good mood**.
- ▶ The atmosphere around the meal is **pleasant**.
- ▶ You keep her in a high chair opposite you with eye contact.
- ▶ Start **slowly** and patiently.
- ▶ You give as many spoonfuls of pureed vegetables as baby wants.
- ▶ At first, baby will only take a few spoonfuls. Then **supplement** with the child's usual milk or offer the breast.
- ▶ As soon as baby eats a whole meal, she no longer needs milk after the meal.
- ▶ You can now also offer water as a drink, bearing in mind that vegetable purée is often rich in water and that baby may refuse to drink water at first. You should not force it, but continue to offer it.
- ▶ The amount of the meal will depend on baby's **appetite**.
- ▶ Introduce the meal with a **spoon**. If the child is not yet ready, it is better to delay the introduction and offer it again later.
- ▶ To prevent your child from "swallowing the wrong way", present the spoon from underneath, i.e. from her chin towards her mouth.

IF BABY ACCEPTS

- offer pureed vegetables **every day** at about the same time;
- **vary** the vegetables;
- **add** carbohydrates and fat;
- reduce the volume of milk according to the amount of puree, then **remove** when baby eats a full meal (100 g to 150 g).

IF BABY IS NOT YET READY

- continue exclusive **breastfeeding**, the milk covers her needs until 6 months;
- there is no hurry, try again **a few days later**, **do not insist, but do not give up**;
- it is better to introduce later than to insist.

TIPS

The addition of salt or salt-based preparations (industrial flavour, broths, soy sauce, etc.) to the infant's diet is strongly discouraged.



7.2.3. The case of allergens

The introduction of complementary feeding should not begin before the age of 5 months, nor after the age of 6 months, whether or not the child is at **risk of food allergy**.

Once the introduction of complementary feeding has begun, it is recommended that major food allergens such as dairy, egg, fish, gluten and peanut be introduced without delay, whether the child is at risk of allergy (due to family history) or not.

“Unless the specialist physician advises otherwise, there is no need to delay the introduction of any food group.

7.2.4. Phase 2

At around 6 months of age vegetable meals are usually well accepted and the variety of foods offered can be **expanded further**. This is the age when protein, such as meat, fish, eggs and beans are **introduced** and gradually added to the vegetable meal.

In addition, it is time to replace an afternoon feed or bottle with a meal of **fruit and water**.

At around **8 months** of age, some babies become hungrier. Do not increase the daily volume of milk (2 to 3 feeds or bottles, 500 to 600 ml of milk per day), but add **carbohydrates** to morning and evening meals to increase energy intake. This is when bread should be introduced.



7.3.3. Pulses

Pulses (lentils, chickpeas, beans, soya, peas, etc.) are very rich in essential nutrients. However, they contain a **high** amount of **fibre**, which makes them more difficult to digest. We recommend offering pulses from the **age of 6 months**. To increase tolerance, we recommend soaking the pulses and cooking them in fresh water. After cooking, leave them to swell for 15 to 60 minutes to increase digestibility. It is essential to ensure that they are **well cooked** (without salt).

Start with **red** (coral) **lentils** as they are peeled and contain less fibre. Peeled lentils do not need to be soaked, but should be washed well before use and cooked thoroughly (15-20 minutes). Introduce gradually in small quantities from the age of 6 months. Lentils increase in volume by 2.5 times when cooked, so 40 g raw will be 100 g cooked.

Canned pulses contain a lot of salt and should be avoided.

7.3.4. Carbohydrates

After a few days, add carbohydrates to the vegetable meal. This increases the energy content of the meal.

- Start adding **potatoes** or sweet potato.
- Provide the **same amount** of carbohydrates as vegetables.
- Afterwards you can also use rice, millet or quinoa, wheat grains, pasta, couscous, spelt, oats, rye, and barley.



7.4. FATS

A young child needs a diet **rich in healthy fats**. It is therefore essential to add **10 to 15 g** (1 to 2 tablespoons) of fat to the vegetable meal from the moment the milk is removed. It is best to **vary** the sources of fat: oils of different origins and/or butter.

- ▶ Add 1 to 2 tablespoons of oil (rapeseed, olive, etc.) or butter per vegetable meal.
- ▶ Add the fat after cooking, **just before eating**.



IMPORTANT

To be avoided: Foods high in hidden fats such as biscuits, pastries, snacks, crisps, cold meats and fatty dairy products. These foods provide lower quality fats.



TIPS

The most suitable fats are butter and oil. Among the oils, we especially recommend rapeseed oil, which is rich in polyunsaturated fatty acids that are essential for the development of the nervous system and the brain.



7.5. NUTS

Nuts (in powder form) are very nutrient-rich foods and contain healthy fats.

They can be used from the time of feeding.

- Only use powdered or pureed nuts as they are hard and a real choking hazard.
- Use unsalted and unroasted nut powder.
- Store the nut powder in a closed container in the fridge.
- Add 1 to 2 tablespoons to the vegetable purée after cooking or to the fruit purée.



7.6. MEAT, FISH, EGGS

Meat should be offered after introducing vegetables and carbohydrates between 6 and 7 months.

- All types of meat are allowed.
- No processed meat (sausage, ham, salami, minced meat, etc.).
- Prefer lean and tender cuts of good quality and vary your choice: chicken, turkey, beef, veal, pork ...
- Choose boneless fish fillets with white flesh except for swordfish and tuna.
- Eggs must be hard-boiled.

Eggs (first the yolk and then the white) should be introduced from the age of 6 months. Hard-boil the egg, add 20 g of the yolk at first, then also the white. Later on, pieces of a well-cooked omelette can be added to the meal

Eggs should always be well cooked because of the bacteriological and allergenic risks.



TIPS

The recommended **amount** of meat, fish or egg is only **15-20 g** per day, 4-5 times a week.



PER WEEK:

- ▶ 1 to 2 meals of vegetables + starch + fat + fish
- ▶ 1 to 2 meals of vegetables + starch + fat + well-cooked red meat
- ▶ 1 to 2 meals of vegetables + starch + fat + poultry
- ▶ 1 to 3 meals of vegetables + starch + fat (once a week with egg)

See the recipes and cooking methods at the end of this guide.





TIPS

However, if you feel that your baby is eating too little of the vegetable meal and drinking more milk than recommended for her age, it is advisable to offer the vegetable meal a second time during the day, for example in the evening.

7.7. AMOUNT OF PUREE

The amount of vegetable meals **depends on baby's age** and her appetite. Normally you can trust your baby to adapt her intake according to her needs.



AGE	QUANTITY	VEGETABLES	CARBOHYDRATES	PROTEIN	FAT		
		VEGETABLES	POTATOES	OR RICE, MILLET, COUSCOUS	MEAT, FISH, EGGS, PULSES	OIL, BUTTER	
							
4 to 5 MONTHS	120-150 g	50-60 g	50-60 g	20 g raw 50-60 g cooked		10-15 g	
6 to 8 MONTHS	150-200 g	60-80 g	60-80 g	20-30 g raw 60-80 g cooked	15-20 g	10-15 g	
9 to 12 MONTHS	200-250 g	80-100 g	80-100 g	30-40 g raw 80-100 g cooked	15-20 g	10-15 g	

10 g is equivalent to about one tablespoon.

- The proportion of vegetables and carbohydrates can be adjusted according to baby's needs.
- The quantities indicated are average values.
- Each baby has different needs and eats according to his or her hunger levels.
- Trust your baby, she naturally knows how to adapt her intake to her needs.



7.8. MEAL CONSISTENCY

- Food should be of **age-appropriate** texture and consistency, progressing to finger and self-feeding consistency.
- The presence of a lumpy texture is **necessary** to develop the child's **oral skills**.
- Prolonging smooth, mixed textures should therefore be avoided.



5 to 7 MONTHS

mixed, smooth texture



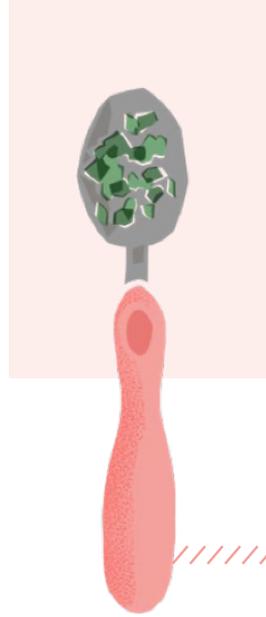
8 to 12 MONTHS

crushed, melting pieces



12 > MONTHS

soft pieces



7.8.1. Introduction of complex textures

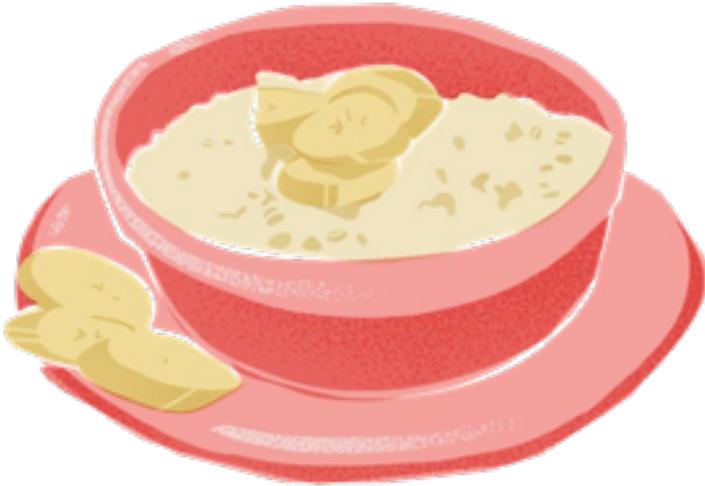
In order to promote the **correct development** of the teeth and jaw, it is advisable to adapt the texture of the meals to baby's abilities. Texture is one of the properties of food that requires the most **adaptation** on the part of the child to manage and swallow the food.

The window for introducing textured foods is between **8 and 10 months** (certainly before 12 months) so as to best guide the child towards normal chewing. It is important to adapt the size and hardness of the pieces to the child's oral abilities.



IMPORTANT

However, caution should be taken with hard and/or round foods (whole peanuts, grapes, hazelnuts, cherry tomatoes, raw apple pieces, etc.) in children under 3 years of age (choking hazard).



7.8.2. Fingerfood

At around 7 or 8 months, depending on baby's development, it is possible to introduce small pieces of food in the form of “**finger food**”.

- As a **complement** to purees for the discovery of foods.
- From 8 months onwards, depending on baby's motor skills.



Baby must be able to:

1. Sit upright with little support;
2. grasp food independently with fingers;
3. put food in the mouth;
4. chew soft pieces (palate, teeth);
5. swallow without choking or swallowing wrongly.



IMPORTANT

***Always stay** close to the child, do not leave the child unaccompanied.*



In practice:

- ▶ Only give food that is recommended for the child's age.
- ▶ Offer pieces that are **easy to grip**.
- ▶ **Soft consistency**, without being too soft or too hard.
- ▶ Expand the types and preparations according to age and motor skills.
- ▶ Avoid all kinds of choking foods such as whole grapes, whole cherry tomatoes, whole strawberries, nuts, hard lumps, meat, etc.

For example:

- ▶ Vegetables, potatoes, sweet potatoes, cooked pasta, polenta, ...
- ▶ Cooked in unsalted water, without spices or broth, or in steam.
- ▶ Soft raw fruit such as banana, peach, raspberry, tangerine, kiwi, avocado, ..., ripe fruit or cooked fruit.
- ▶ Small pieces of buttered breadcrumbs.
- ▶ Small pieces of fish, chicken, well-cooked meat, well-cooked omelette, ...





7.9. SEASONING

The addition of salt or salt-based preparations (industrial seasonings, broths, soy sauce, etc.) to the infant's diet is **strongly discouraged**. The reason is that kidney function is immature in infants, and excess dietary salt is not yet eliminated. A baby's taste is very sensitive and the perception of saltiness in a baby is not the same as in an adult.

Let the child discover the taste of the food.

SUITABLE SEASONINGS

Herbs

- ▶ fresh - always well washed, after cooking
- ▶ dried - add to hot mashed potatoes



Salt

- ▶ do not add salt or spices containing salt
- ▶ do not cook in broth



Spices

- ▶ mild spices - can be added after 8 months in small quantities and adapted to family habits
- ▶ **never** add a flavour enhancer (glutamate - E 621)





7.10. PRESERVATION OF HOME-COOKED MEALS

It is important to ensure that vegetable puree is **stored correctly** to avoid the **risk of infection**. The development of micro-organisms depends on the storage temperature. A temperature $\leq 5^{\circ}\text{C}$ is absolutely necessary to slow down their development. For this reason, the puree should not be left to cool at room temperature, but should be stored in the refrigerator even if it is still warm. For reasons of hygiene, the puree in which you have dipped baby's spoon cannot be stored. If you are not sure that baby will eat everything, use 2 different bowls, one bowl to feed baby and one to reserve the rest.

- Use immediately after cooking;
- or put the purée in a clean glass with a lid;
- place immediately in the fridge (can be stored up to 24 hours in the fridge at 4°C);
- or place in the fridge for 1 hour and then in the freezer (can be kept for 2 months at -18°C);
- to thaw, place it in the fridge the day before;
- Do not reheat the mixture more than once.



7.11. DRINKS

If baby does not take milk after the vegetable meal, water can be offered to drink during the meal.

Regularly offer your child **water** suitable for baby food preparation (50-150 ml per day) or fresh tap water. The only recommended drink is pure water and it is important to get your child used to it from the start.

Exceptionally, and as late as possible, you can allow freshly squeezed, unsweetened fruit juice or unsweetened herbal teas. These are to be enjoyed in special situations only for pleasure.

To be avoided:

- ▶ All other drinks such as lemonades, syrups, colas, infusions or sweetened juices, as they are too sweet (even those specially designed for babies). This creates a craving for sweetness. Excess sugar unbalances the diet with a long-term risk to health (tooth decay, obesity).
- ▶ "Light" drinks, sports drinks, energy drinks and drinks containing alcohol are prohibited for children.
- ▶ Tea and coffee contain stimulants and are not suitable drinks for small children.





IMPORTANT

There are baby food products recommended for babies from 4 months of age that contain sugar. Read the list of ingredients carefully.

7.12. THE FRUIT MEAL

- During the 7th month, the afternoon feed or bottle is replaced by a fruit meal.
- Choose fresh seasonal or frozen fruit.
- Present them raw, ripe, washed and peeled, seeded, mixed, crushed, grated, in pieces or cooked in compote.
- A single variety or a mixture.
- Here are some examples: apple, pear, banana, nectarine, peach, melon, apricot, etc.
- Vary to change tastes.
- No canned fruit as it contains added sugar.
- Do not add milk, sugar or honey to the fruit puree.



7.12.1. Some important recommendations for the fruit meal

You may be tempted to add a biscuit to a fruit meal, but biscuits add no nutritional value and most contain far too much **sugar**. Biscuits also mask the natural taste of the fruit.

If the fruit alone is not enough or if you want to thicken the purée, you can add instant sugar-free cereal flakes to the fruit purée.



IMPORTANT

*Do not add **sugar** or sweeteners to fruit meals. They mask the natural flavour of the food and accustom the child to a sweet taste.*

Honey is not recommended under the age of one year because of the microbiological risks.

7.12.2. Cheese for babies

Do not replace the fruit meal with a fruit cream cheese, even if the advertisement recommends it especially for babies. These products are, unlike fruit, very **high in protein**. Research shows that the diet of young children is already too high in protein. This excess of protein from a young age could be one of the causes of obesity in children and adults. These products often contain large amounts of sugar, flavourings and other additives.



7.13. BREAD

From the age of **8 months**, you can offer your child a small slice of bread (possibly buttered) that she can chew. You can choose finely ground grey bread **without seeds** (no sunflower, sesame, flax or walnuts, etc.). Bread is much better than biscuits or crisps, even those sold especially for children. Also avoid all pastries and cakes. These contain a significant amount of sugar and fat. Get into good habits from the start.



7.14. MILK PORRIDGES

From the age of 6 months onwards, some children prefer to eat more often with a spoon. For others, a bottle of milk alone is no longer enough. Instead of increasing the volume of milk in the bottle, offer a thickened milk porridge with instant baby flour. This flour **should not contain sugar**.

7.14.1. Preparation of a milk porridge

- Pour the flour into the warm “follow-on” milk or breast milk and mix. Wait a few minutes while the mixture thickens.
- There are flours mixed with milk powder: these are called milk flours. They are dissolved in water to obtain a milky porridge.
- Mixed fruits can be added to vary the taste.





7.15. MILK AND MILK PRODUCTS

- Cow's milk and dairy products do not contain the nutrients needed for a baby's healthy development and should not be used to feed baby.
- All dairy products (yoghurts, petits suisses, flavoured milks) **that are sold "especially for babies"** do not meet the criteria for healthy baby food. Opt for natural products as much as possible.
- Only breast milk and adapted milks provide all the nutritional needs of your baby.

Infant formulas and follow-on formulas should not be substituted with vegetable drinks in children under one year of age, even when these are fortified with calcium.



IMPORTANT

The only 'milk' intake for children up to 1 year of age is breast milk and/or infant formula and follow-on milk.





TIPS

*If you use store-bought pots, alternate them with homemade ones. Purees that you make yourself **taste better**. You have the advantage of being able to choose the ingredients yourself.*

The recipes in this guide will give you some ideas.

7.16. BABY FOOD

The production of baby food is subject to strict European regulations. The ingredients used must not contain residues, germs, nitrates or nitrites in quantities that are harmful to infants. For this reason, the quality of the baby food is certainly good and its use can be recommended.

However, many small pots are not rich enough in fat. Do not hesitate to add 1 to 2 teaspoons of oil after heating.

It is important to make the **right choice** in the assortment of baby food, depending on the age of your baby. Read the label carefully, all ingredients are listed.



AVOID SMALL JARS THAT CONTAIN THE FOLLOWING INGREDIENTS



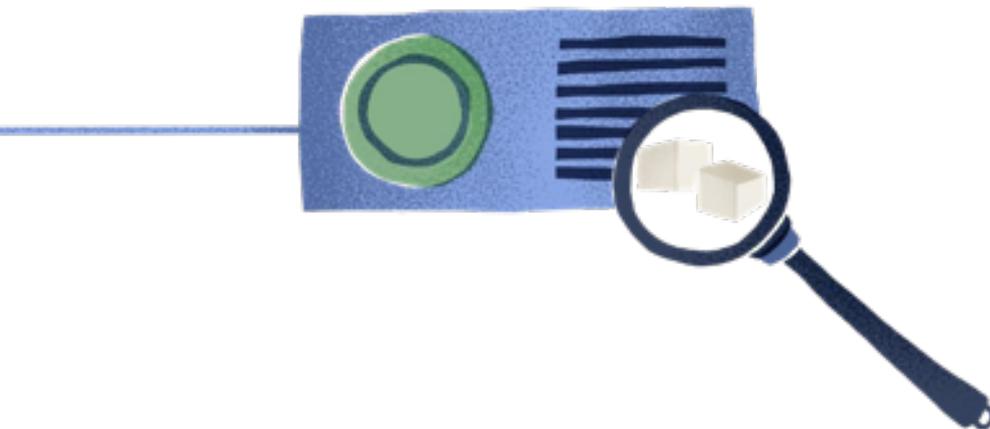
5TH - 6TH MONTH

	Cow's milk, yoghurt, cottage cheese, cheese, cream
	Salt
	Honey, sugar, malt sugar, glucose, fructose, concentrated fruit juice, ...
	Chocolate, cocoa
	Egg, yolk and egg white
	Ham
	Flavours, thickeners, preservatives, ...

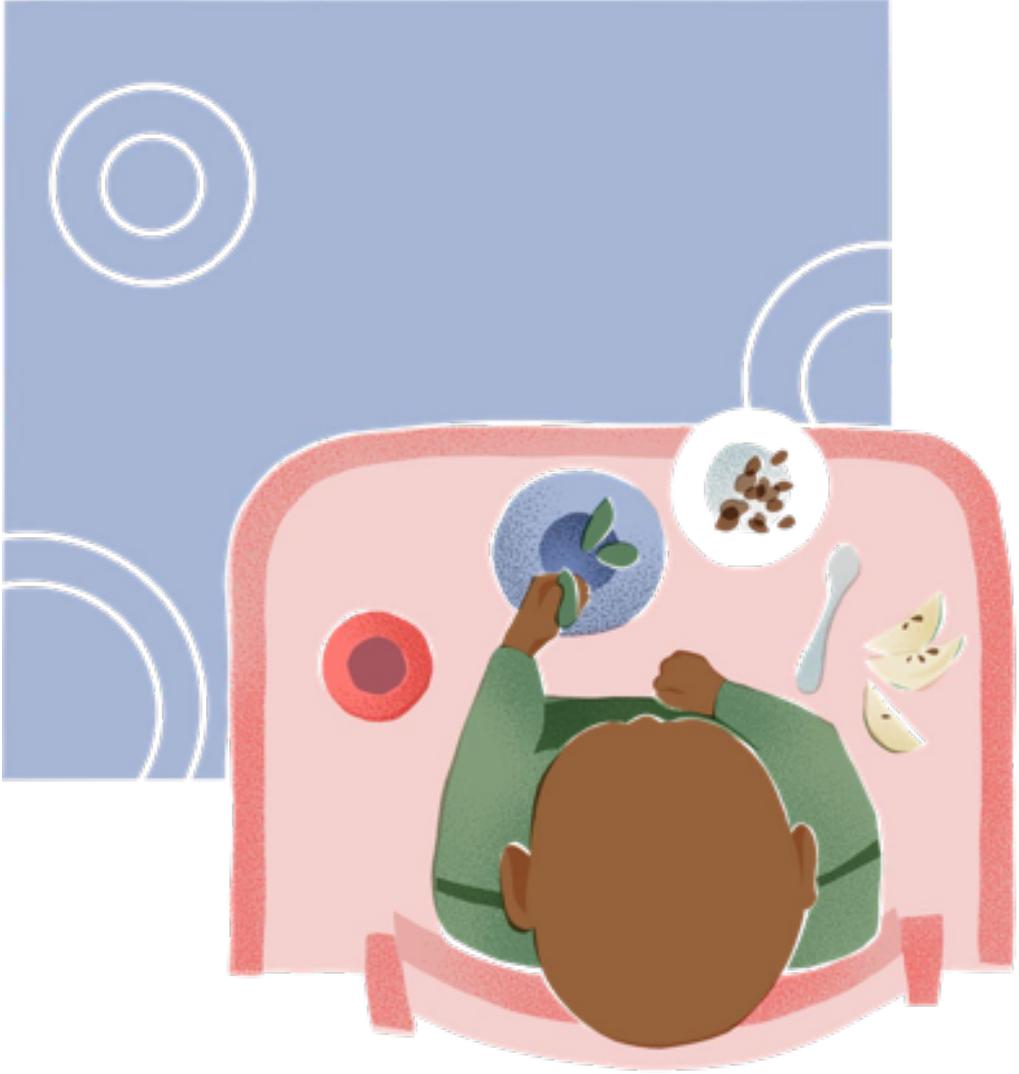


7TH - 12TH MONTH

	Cow's milk, yoghurt, cottage cheese, cheese
	Salt
	Honey, sugar, malt sugar, glucose, fructose, concentrated fruit juice, ...
	Chocolate, cocoa
	Ham
	Flavours, thickeners, preservatives, ...



8. NUMBER OF MEALS



From the very first months, a child is able to adapt the quantities she eats according to her needs. Babies regulate their food intake throughout the day: if they eat “too much” in one meal, they will eat less in the next... (This is an ability that we “unlearn” as we grow up). Trust her, and if she is no longer hungry, do not force her to finish her plate.

In general, children eat 4 to 5 meals a day, 3 main meals (breakfast, lunch, dinner) and 1 to 2 snacks.

TIPS



Avoid snacking with babies as this can disrupt their natural sense of hunger, satiety and thirst. Do not use popular foods as a reward or comfort: the child tends to eat without being hungry and this can increase the child's attraction to these foods.



9. FOODS NOT SUITABLE FOR FEEDING TO CHILDREN UNDER 3 YEARS OF AGE



A number of foods are not suitable for feeding to children under 3 years of age due to:

SMALL SIZE:

- ▶ small cylindrical or spherical foods that resist crushing such as nuts, (peanut, hazelnut, almond), grapes and candies should not be eaten whole because of the risk of choking.

CONTAMINANT CONTENT:

- ▶ chocolate products should be limited because of their nickel content;
- ▶ the presence of certain ingredients such as salt;
- ▶ coffee, tea, caffeinated soft drinks and energy drinks should be avoided because of their caffeine content;
- ▶ sweeteners, as an additive, are prohibited in the diet of children under three years of age: foods containing them, such as "light" drinks, should be avoided;
- ▶ soy products should be limited because of their genistein content;
- ▶ rice juice and rice cakes for adults due to arsenic content.



MICROBIOLOGICAL RISK:

- ▶ honey for infants under one year of age;
- ▶ all raw or undercooked meat: minced meat and minced meat products should be cooked through (children aged 0-3 years);
- ▶ raw milk and raw milk cheeses, with the exception of hard cheeses such as Gruyère or Comté;
- ▶ raw eggs and raw or undercooked egg products (such as chocolate mousse and homemade mayonnaise);
- ▶ raw shellfish and raw fish.



IMPORTANT

No supplements should be given to a child unless prescribed by a doctor.

10. TASTE EDUCATION



Taste and smell cells appear between the 8th and 12th week of pregnancy and are functional from the 6th month in utero. By ingesting the amniotic fluid, the fetus can become familiar with certain aromas in the mother's food repertoire.

The attraction of the newborn to aromas perceived before birth has been confirmed by various studies. At birth, certain tastes are more appreciated, especially sweet and fatty tastes, which are found in breast milk. In contrast, the newborn rejects acidic and bitter flavours, sensory markers of potentially toxic foods. This liking and disliking of certain flavours is innate, yet it is important to know that these preferences are in fact highly adaptive. Unlike taste, odours are not innate. Olfactory pleasure and rejection is exclusively a matter of cultural learning.

After birth, it is through breast milk that the baby continues to become familiar with the flavours of the mother's food. Breastfed babies show a wider acceptance of foods than bottle-fed babies who have not experienced as much flavour variety.

With the introduction of complementary feeding, which begins between the 5th and 7th month, a wide variety of tastes, textures and consistencies are presented to the child.





Sweet, high-calorie foods are liked more spontaneously, whereas bitter, low-calorie foods will require some learning to be appreciated. However, the introduction of complementary feeding is **stimulating** for the infant in terms of **sensory** discoveries and food **learning**.

- The more **aromatic** and **textural diversity** the child has accumulated from the beginning, the more open he or she will be to discovering new foods later on.
- **Home-cooked meals** have a beneficial effect on the aromatic diversity that baby discovers and are important for taste development.

When children are introduced only to natural foods with natural flavours (no added sugar, no added flavourings) they will learn to appreciate foods and dishes that are beneficial to their health.

Baby undergoes a process to learn about taste, which will continue throughout her lifetime. It is important to understand that up to about 18 months of age, a child is quite willing to try any food offered. Preferences acquired during breastfeeding and infancy can be maintained into adulthood.

The first 1000 days of a child's life is a period of **intense** development and learning during which the child is extremely **sensitive** to environmental stimuli and particularly curious to discover different tastes, textures and smells.



WHY WORRY ABOUT YOUR CHILD'S TASTE?

Babies, children and adolescents will eat more of the foods and dishes they like.

Developing your child's taste to appreciate foods and dishes that are beneficial to their health is an important pillar for the development of lifelong, healthy eating habits.

Taste develops as a function of the sensory experiences that the child will have throughout his or her life. From the earliest age, parents play a central role in the development of the child's taste and eating habits. Parents encourage the child to explore food in different ways using the 5 senses through autonomy, self-discovery, well-being and social bonding. Parents help the child to discover different tastes while respecting the child's rhythm, as each child has an individual experience. Moreover, learning about taste as a source of pleasure can only strengthen the parents' bond with their child. The role of parents is therefore to:

- ▶ pass on the pleasure of eating;
- ▶ awaken a taste for a wide variety of healthy foods and dishes;
- ▶ help the child develop a taste for natural foods and dishes with natural flavours.

The **emotional** and **social** accompaniment to meals is as important as what's on the plate. The attitude of the person accompanying the child during the meal is decisive; a **warm, reassuring** and **gratifying attitude** creates an emotional climate that the child subconsciously associates with the taste of the food. A positive memory of the meal increases the pleasure of future meals.



- Feeding is not only about meeting nutritional needs, but also about **food** and **sensory learning**, which is essential for later **nutritional well-being**.
- The **affective** and **social context of the meal, such as family meals**, is very important since moods and feelings can be **associated with the taste of food**.



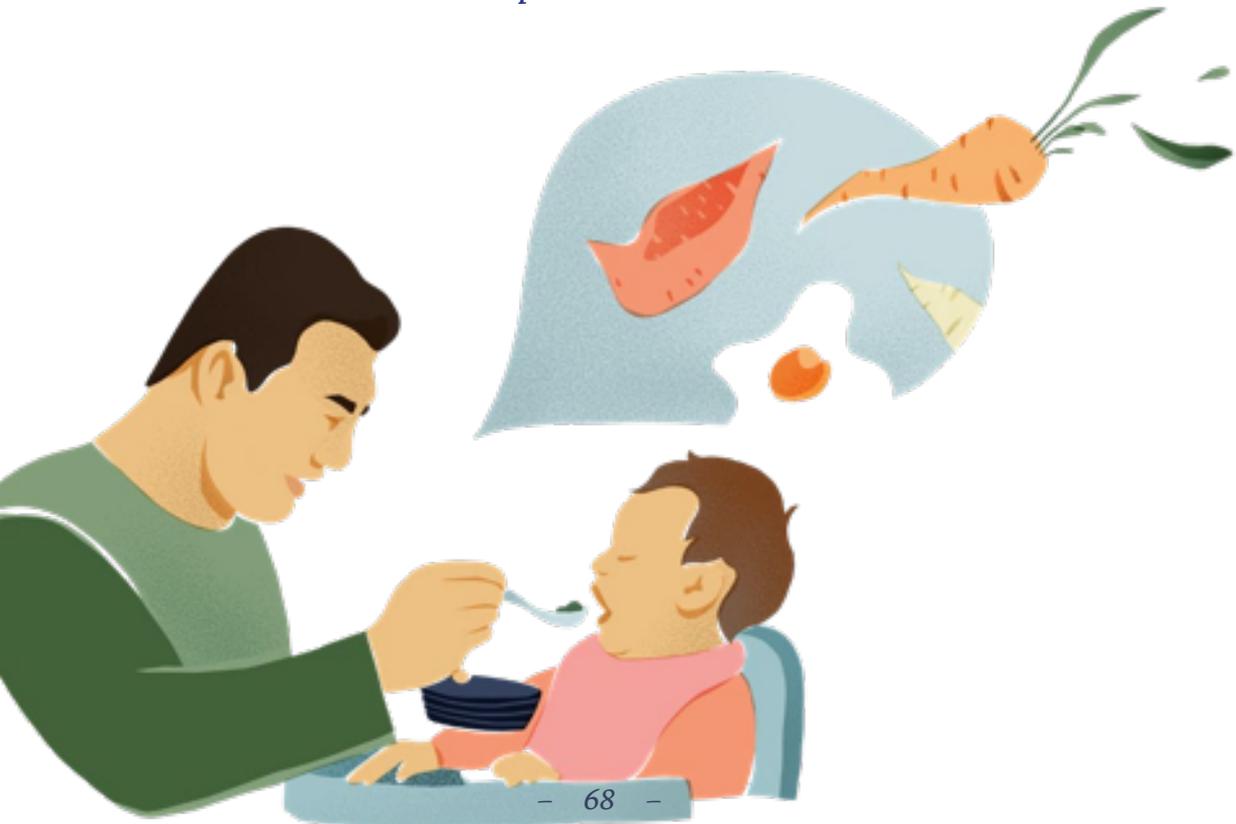
TIPS

If the infant does not like a food or a dish, nothing is final!

Studies show that 8 to 10 repetitions of the same food, in the same form, in small quantities and without forcing, familiarises the child with its taste and can be appreciated afterwards

10.1. IN PRACTICE

1. Create a **warm environment** during the meal, have a positive attitude.
2. Depending on the age of the child, let him or her assist in the preparation in the kitchen.
3. Let the child discover food and dishes **with all senses**.
4. Offer foods and dishes with a **variety of tastes and textures**.
5. Pay attention to the presentation of the dish. Offer colourful dishes.
6. **Set a good example** by eating a healthy and varied diet, and if possible, eat foods the child eats.
7. Respect the child's **appetite** and taste.
8. Explain what there is to eat, **verbalise, name the food and dishes**.
9. Let them look, touch, smell, taste a little. Allow the child to like or dislike what they eat.
10. **Repeat** the dishes to familiarise.



10.2. AROUND THE MEAL



- Good atmosphere at the table - reinforces **positive** attitude towards food.
- All screens, radios, phones, smartphones should be switched off - avoid the association of eating with **distraction**.



- Regular meals - provide a **sense of routine/familiarity** and bonding.
- Eat meals with the family if possible - reinforces the **social aspect** of eating and satisfies the need for attachment.
- Children imitate and copy their parents' eating habits - set a good **example**.
- Parents provide balanced meals - ensures the child's **nutritional needs**.
- The child decides how much to eat and drink - **self-regulation** retained. 🌸



- The table should be free of all distractions: toys, books, screens, etc. - to better **sense** hunger and satiety.
- Parents do not push children to finish the plate - it is the child who **decides** how much to eat.



- Accompany the child during the meal - eating alone is not fun. 🌸
- Seek eye contact - to **communicate**.
- Talking to the child, explaining what is in the food - develops the child's ability to express herself.



- Support the child if they want to eat themselves – it is important to support the development of **independence**.
- Respecting one's tastes - respecting individual experience.
- No coercion, no blackmail - promotes autonomy in making food choices.



11. PRACTICAL TABLES



COMPLEMENTARY FEEDING



AGE



RECOMMENDED



NOT RECOMMENDED

**0 to 4
MONTHS**

- Breastfeeding on demand
- Bottle feeding: baby formula in appropriate quantities

- Any food other than adapted formula or breast milk



**5 to 6
MONTHS**

- Breastfeeding on demand
 - Bottle feeding: baby formula in appropriate quantities
- Beginning of complementary feeding**
- Gradual introduction of vegetable meals (vegetables, carbohydrates, fat) instead of a feed or bottle
 - In the beginning, supplement the meal with a feed or bottle
 - When baby eats a whole meal (100-150 g), there is no need to give milk before or after the meal

- Salt, sugar, honey
- Fruit juice



**6 to 7
MONTHS**

- Breastfeeding
 - Bottle feeding: follow-on milk
 - 500 to 600 ml of milk per day
- Complementary feeding**
- Around midday a vegetable meal (introduce meat, fish, egg and legumes week-by-week)
 - In the afternoon, provide a fruit meal instead of a feed or bottle
 - Drink: still water

- Salt, sugar, honey
- Biscuits
- Fruit juice





- Breastfeeding
- Bottle feeding: follow-on milk
- 500 to 600 ml of milk per day

Complementary feeding

- Around midday a “complete” meal (vegetables, carbohydrates, proteins)
- In the afternoon, provide a meal of fresh fruit
- In the morning, accompany the milk with buttered bread or offer a milk porridge
- In the evening, accompany the milk with buttered bread or a meal of vegetables and carbohydrates without meat, or replace it with a milk porridge
- Offer finger food
- Drink: still water

8 to 12 MONTHS



- Salt, sugar, honey
- Fruit juice
- Biscuits

VEGETABLE AND FRUIT MEALS



AGE



RECOMMENDED



NOT RECOMMENDED



- Start - cooked vegetable purée (carrots, pumpkin, courgette, ...)
- Then vary the vegetables: fennel, broccoli, turnip, parsnip, green beans, celery, etc.
- Favour **fresh seasonal vegetables** or frozen vegetables that are not prepared or spiced
- One kind of vegetable or a mixture
- If the baby agrees, add **carbohydrates** (same amount of carbohydrates as vegetables) to the vegetable meal - potatoes, sweet potato, rice, millet (gluten rich cereals such as couscous, pasta and wheat, to be introduced gradually)
- Always add 1 to 2 tablespoons of **fat** to the vegetable meal - oil (rapeseed, olive, etc.) or butter

5 to 6 MONTHS



- Chard, beetroot, cabbage, spinach, onion, pepper, radish, salsify
- Canned vegetables
- Salt, broth, ...



6 to 7 MONTHS

- All kinds of vegetables
- **Add** meat, fish and egg yolk to the vegetable meal week-by-week at a rate of 15-20 g per meal
- All kinds of well-cooked meat (chicken, turkey, beef, pork, veal and lamb) are allowed
- All well-cooked fish types are allowed: boneless fillets
- Carbohydrates: potatoes, sweet potato, rice, millet, quinoa, pasta, wheat, couscous, bulgur, ...
- Always add 1 to 2 tablespoons of fat to the meal
- Per week: 2 to 4 vegetable meals with **meat**, 1 to 2 vegetable meals with **fish**, 1 vegetable meal with **egg** and 2 to 3 vegetarian vegetable meals
- Introduction of **fruit meals** in the afternoon
- **Fruits**: to begin with: apple, banana, pear, peach, melon, ... then all kinds
- Ripe fruit, cleaned, washed and mixed
- Possibility of adding plain instant cereal flakes (without other ingredients)



- Processed meats (sausage, ham, salami, pâté, etc.)
- Processed fish (smoked, canned, prepared, etc.)
- Tuna, swordfish
- Canned and prepared vegetables
- Salt, broth, ...
- No panades with biscuits, sugar, honey, ...



8 to 12 MONTHS

- Per week: 2-4 vegetable meals with meat, 1-2 vegetable meals with fish and 2-3 vegetable meals and 1 vegetable meal with egg
- Fruit meal in the afternoons
- Less pureeing of vegetable and fruit meals, offer purees with chunks to encourage chewing
- Ripe soft **fruit** in pieces
- Fingerfood

12. MEAL PREPARATION



12.1. COOKING METHODS

12.1.1. Vegetable meals

Different types of cooking can be used for vegetable meals. In order to lose as few nutrients as possible during cooking, it is important to consider the following parameters:

- cook with a minimum of water;
- cook for as little time as possible;
- cook with the lid on;
- consume immediately after cooking;
- always add the fat just before consumption.

Steaming - steam food until tender. Blend with a little water depending on the desired consistency
Suitable for :

- ▶ all vegetables;
- ▶ potatoes and sweet potatoes;
- ▶ poultry, meat and fish.

Parboil

This cooking reduces the loss of nutrients because the cooking water is mixed with the vegetables and cooking time is relatively short, depending on the size of the pieces to be cooked.

In a small saucepan, cook over low heat in a little water, with the lid on, until the vegetables are tender. Add more water to cook the cereals. Mix with a little cooking water depending on the desired consistency.

Suitable for :

- ▶ all vegetables;
- ▶ potatoes and sweet potatoes;
- ▶ rice, millet, quinoa, couscous, ...;
- ▶ poultry, meat and fish.

Boiling - cook the vegetables in plenty of unsalted water until tender. Drain and blend with a little water depending on the desired consistency. Suitable for vegetables with a strong taste - cauliflower, chicory, celeriac, ...

COOKING PULSES

PULSES	AMOUNT OF LIQUID FOR COOKING (ml/g)	SOAKING	COOKING TIME (MINUTES)	SWELLING TIME (MINUTES)
				
Lupin	3.5 - 4 times	Yes	90 - 120	30 - 60
Chickpeas	3.5 - 4 times	Yes	60 - 90	
Peas	3.5 - 5 times	Yes	60 - 90	
Yellow soybeans	3.5 times	Yes	60 - 80	
Beans	3 - 3.5 times	Yes	45 - 90	
Mung beans	3 times	Yes	30 - 45	
Split peas	3 times	Yes/No	15 - 30	15 - 30
Lentils	2.5 - 3 times	Yes/No	30 - 45	
Peeled lentils	2.5 times	No	10 - 15	10 - 20

12.1.2. Cooking tips for carbohydrates.

- Cook the potatoes separately, with their skins on to retain the vitamins and minerals, peel and mash with a fork or mix with the vegetables.
- **Or** peel, wash and cut the potatoes into pieces and cook with the vegetables.
- Rice, cereals and pasta are cooked in water without adding salt.

12.1.3. Cooking tips for meat and fish.

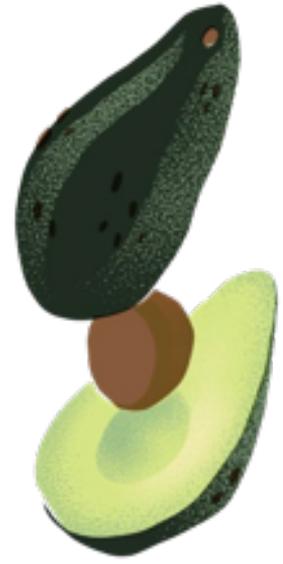
- You can cook meat and fish with the vegetables or separately.
- The ideal cooking methods are boiling and steaming.
- Make sure that meat and fish are cooked thoroughly, to kill off dangerous bacteria.
- Do not add salt.



12.1.4. Preparation of fruit meals

For reasons of hygiene it is important to:

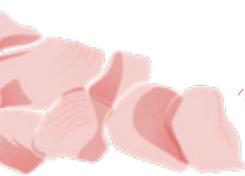
- work on a clean work surface;
- clean and wash the fruit well;
- cut the fruit on a board with a clean knife;
- mix or cut;
- serve immediately (if not, put in a clean, closed container and keep in the fridge for a maximum of 24 hours).

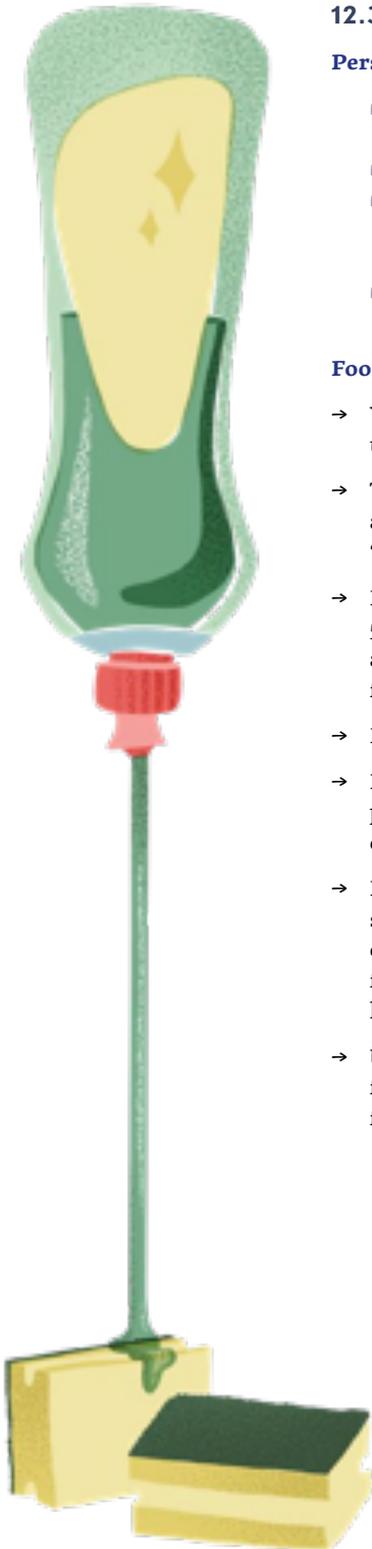


12.2. THE QUANTITIES OF VEGETABLE MEALS

Babies are normally able to manage their appetite according to their needs. Trust your baby and don't insist if she hasn't finished her portion. Each baby has different needs and the amounts recommended are only average values. In addition, a baby's appetite will vary from day to day and will increase with age.

AGE	QUANTITY	VEGETABLES	CARBOHYDRATES	PROTEIN	FAT	
		VEGETABLES	POTATOES	OR RICE, MILLET, COUSCOUS	MEAT, FISH, EGGS, PULSES	OIL, BUTTER
						
4 to 5 MONTHS	120-150 g	50-60 g	50-60 g	20 g raw 50-60 g cooked		10-15 g
6 to 8 MONTHS	150-200 g	60-80 g	60-80 g	20-30 g raw 60-80 g cooked	15-20 g	10-15 g
9 to 12 MONTHS	200-250 g	80-100 g	80-100 g	30-40 g raw 80-100 g cooked	15-20 g	10-15 g





12.3. HYGIENE

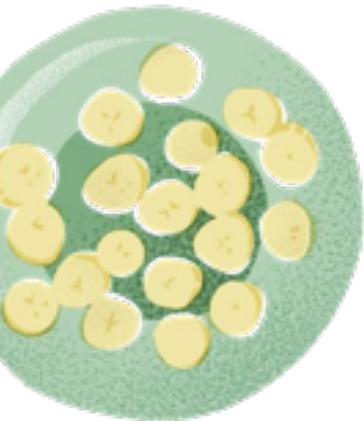
Personal hygiene:

- ▶ Wash your hands thoroughly with soap, wipe them with a clean cloth and keep your fingernails short and clean.
- ▶ Cover any wounds with a waterproof bandage.
- ▶ Do not cough or sneeze on food - turn away, put your elbow or a handkerchief in front of your mouth or nose. Then wash your hands thoroughly.
- ▶ If you have a contagious disease, avoid working in the kitchen, wear a mask over your mouth and nose.

Food hygiene:

- When buying food, pay attention to the expiry date and regularly check the food in the cupboards, refrigerator or freezer.
- Transport food quickly and coolly and store it in the refrigerator until you are ready to prepare it, so that the so-called “cold chain” is never interrupted. Cook delicate foods quickly.
- Periodically check the temperature of the refrigerator (max. 5°C) and freezer (max. -18°C) with a thermometer. Defrost appliances containing frost. Do not overload refrigerators and freezers with food.
- Never put defrosted food back in the freezer.
- Discard spoiled food immediately. Only removing spoiled parts is not effective - the toxins produced by the micro-organisms will invade the whole food.
- Perishable foods (e.g. raw meat, dairy products) should be stored in closed containers. Separate raw and cooked food during storage and preparation. After preparing sensitive foods, always clean the work surface and utensils. Wash your hands every time.
- Use different cooking utensils for the preparation of sensitive foods (meat, fish, raw eggs ...) and the preparation of other foods.

- Heat raw food to a minimum temperature of 70°C, right to the core.
- Eat ready meals as soon as possible. Keep cold food in the refrigerator (max. 5°C) until consumed. Put leftovers in closed containers and store them immediately in the refrigerator at max. 5°C. Eat them as soon as possible.
- Vinegar and boiling water can be used to disinfect worktops and utensils.
- When tasting, be careful that your own saliva does not contaminate the puree. Therefore, to taste, take a small portion of the food with a clean spoon and put it in a small bowl or directly on another spoon you want to taste with.
- If not consumed immediately, place in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C) or place in the fridge for 1 hour and then in the freezer (can be kept for up to 2 months at -18°C). To defrost, place the container in the fridge the day before.
- Defrost food at room temperature but keep it in the fridge.



13. RECIPES



5

MONTHS

CARROT PURÉE

5

MONTHS

Ingredients	Gross weight	Net weight
 Carrots	150 g	100 g
 Rapeseed oil or butter		10 g



120 g

PORTION



lunch

TIMEFRAME



20 min.

PREPARATION

Preparation

1. Peel the carrots and cut off the ends, put in a colander.
2. Rinse well with cold water.
3. Cut into pieces on a clean board.
4. Cook the carrots with 50 ml of fresh water in a small saucepan with the lid on for 10-15 minutes.
5. Place in a mixing bowl with the cooking water.
6. Puree the mixture in the blender.
7. Add the butter or oil.
8. Add a little water if the purée is too thick.
9. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
10. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
11. To thaw, place in the fridge the day before.

TIPS



After a few days you can replace the carrots with fennel, courgettes, parsnips, pumpkin, kohlrabi, cauliflower, broccoli, celery, etc.



5

MONTHS

 170 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION



TIPS

☞ Replace broccoli with carrots, fennel, kohlrabi, cauliflower, courgettes, pumpkin, etc.

☞ Replace the potato with sweet potato.

☞ Add a cooked egg yolk from 6 months onwards.

BROCCOLI AND POTATO PURÉE

Ingredients	Gross weight	Net weight
 Broccoli	100 g	75 g
 Potatoes	100 g	75 g
 Rapeseed oil or butter		10 - 15 g

Preparation

1. Wash the potatoes, peel and rinse well in cold water.
2. Clean the broccoli: cut off the florets, peel the stalk, place in a colander and rinse well with cold water.
3. On a clean board, cut the broccoli and potatoes into pieces.
4. Put the broccoli and potatoes in a small saucepan and add 50 to 100 ml of fresh water.
5. Cook over a low heat, with the lid on, for 10 to 15 minutes.
6. Place in a mixing bowl, add cooking water according to the desired consistency.
7. Puree the mixture in the blender.
8. Add the butter or oil.
9. Add a little water if the purée is too thick.
10. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
11. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
12. To thaw, place in the fridge the day before.



COURGETTE AND SWEET POTATO PURÉE

5

MONTHS

Ingredients	Gross weight	Net weight
 Courgette	100 g	75 g
 Sweet potato	100 g	75 g
 Rapeseed oil or butter		10-15 g



170 g

PORTION



lunch

TIMEFRAME



20 min.

PREPARATION

Preparation

1. Wash the sweet potatoes, peel and rinse well in cold water.
2. Wash the courgette and cut off the ends, do not peel.
3. On a clean board, cut the courgette and sweet potato into pieces.
4. Put the courgette and sweet potato in a small saucepan and add 50-100 ml of fresh water.
5. Cook over a low heat, with the lid on, for 10 to 15 minutes.
6. Place in a mixing bowl.
7. Puree the mixture in the blender.
8. Add cooking water according to the desired consistency.
9. Add the butter or oil.
10. Add a little water if the purée is too thick.
11. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
12. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
13. To thaw, place in the fridge the day before.



TIPS

Replace the courgette with pumpkin, broccoli, carrots, fennel, kohlrabi, cauliflower, spinach, etc.

An egg yolk or 15-20 g of meat can be added from 6 months onwards.



5

MONTHS

 200 g PORTION	 lunch TIMEFRAME	 20 min. PREPARATION
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CARROT AND MILLET PURÉE

Ingredients	Gross weight	Net weight
 Carrots	150 g	100 g
 Millet		40 g
 Orange juice	½ orange	1 tbsp.
 Water		180 ml
 Rapeseed oil or butter		10 - 15 g

Preparation

1. Peel the carrots and cut off the ends, put in a colander.
2. Rinse well with cold water.
3. Cut into pieces on a clean board.
4. Place the millet in a sieve and rinse well under running water.
5. Bring 180 ml of water to the boil, add the carrots and pour in the millet.
6. Cook on a low heat for 15 minutes.
7. Squeeze the juice from half an orange.
8. Place in a blender and add 1 to 2 tablespoons of orange juice.
9. Puree the mixture in the blender.
10. Add the butter or oil.
11. Add a little water if the purée is too thick.
12. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
13. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
14. To thaw, place in the fridge the day before.

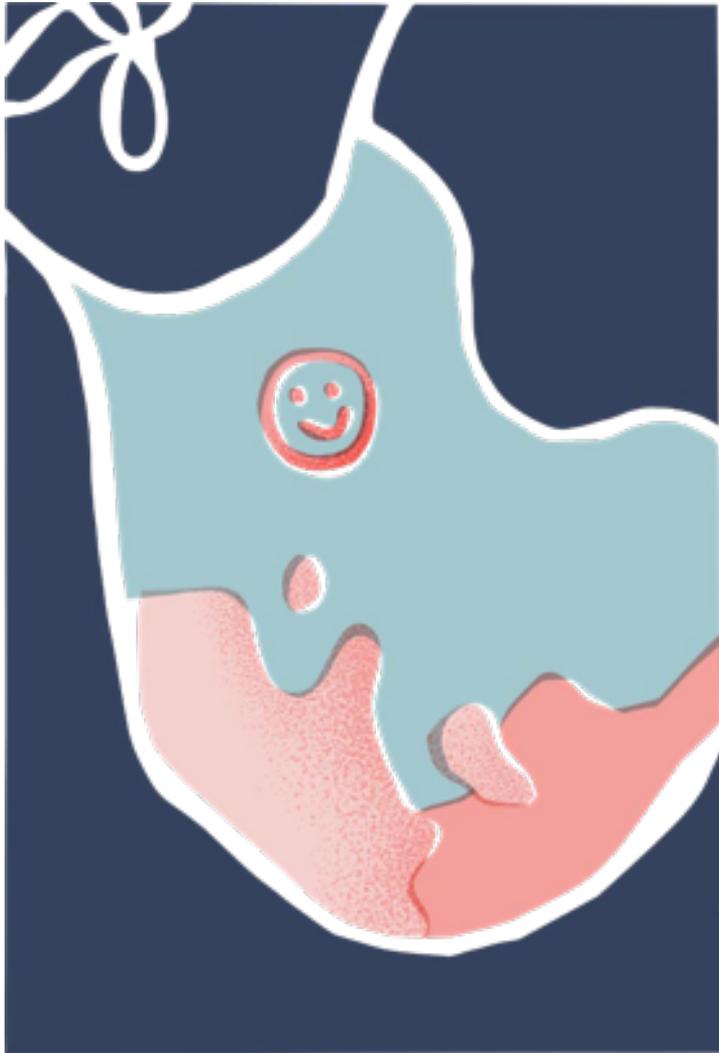
TIPS

Replace carrots with fennel, kohlrabi, green beans, broccoli, courgettes, etc.

Millet is an iron-rich cereal. Iron from plants is better absorbed in the presence of vitamin C. For this reason, orange juice is added to this puree.

Replace the orange juice with half a grated apple.





5

MONTHS

 200 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION



TIPS

☞ Replace broccoli with other vegetables.

☞ Millet is an iron-rich cereal. Iron from plants is better absorbed in the presence of vitamin C. For this reason, half an apple is added to the mash.

☞ After 6 months replace the millet with quinoa.

BROCCOLI AND MILLET PURÉE

Ingredients	Gross weight	Net weight
 Broccoli	150 g	100 g
 Millet		40 g
 Apple	½ apple	50 g
 Water		180 ml
 Rapeseed oil or butter		10-15 g

Preparation

1. Clean the broccoli: cut off the florets, peel the stalk, place in a colander and rinse well with cold water.
2. On a clean board, cut the broccoli into pieces.
3. Put the broccoli in a small saucepan and add 180 ml of fresh water.
4. Put the millet in a sieve and rinse well under water and add to the broccoli.
5. Cook over a low heat, with the lid on, for 15 minutes, stirring occasionally.
6. Peel and wash the apple and cut into pieces.
7. Put the broccoli, millet and apple in a blender.
8. Puree the mixture in the blender.
9. Add the butter or oil.
10. Add a little water if the purée is too thick.
11. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
12. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
13. To thaw, place in the fridge the day before.



COURGETTE, PARSNIP AND RICE PURÉE

5

MONTHS

Ingredients	Gross weight	Net weight
 Courgette or pumpkin	70 g	50 g
 Parsnip	70 g	50 g
 White or semi-grain rice		40 g
 Chicken fillet from 6 months onwards		20 g
 Water		200 ml
 Rapeseed oil or butter		10-15 g

 240 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

Preparation

1. Peel the parsnips and cut off the ends, place in a colander.
2. Cut off the ends of the courgette and place in a colander.
3. Rinse the vegetables well in cold water.
4. Cut the vegetables into pieces on a clean board.
5. Bring 200 ml of water to the boil, add the vegetables and pour in the rice (add the chicken).
6. Cook over a low heat for 15 minutes with the lid on.
7. Place in a mixing bowl.
8. Puree the mixture in the blender.
9. Add the butter or oil.
10. Add a little water if the purée is too thick.
11. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
12. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
13. To thaw, place in the fridge the day before.



TIPS

Replace parsnips with turnips, fennel, celeriac, kohlrabi, cauliflower, broccoli, etc.

From 6 months onwards, meat or a cooked egg yolk can be added.



5

MONTHS

 240 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION



TIPS

You can replace the kohlrabi with fennel, celeriac, etc.

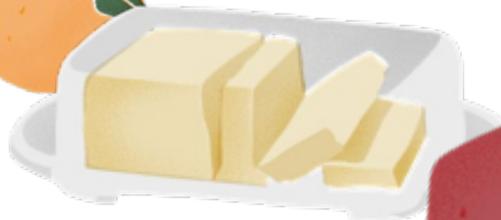
Replace the rice with millet or couscous.

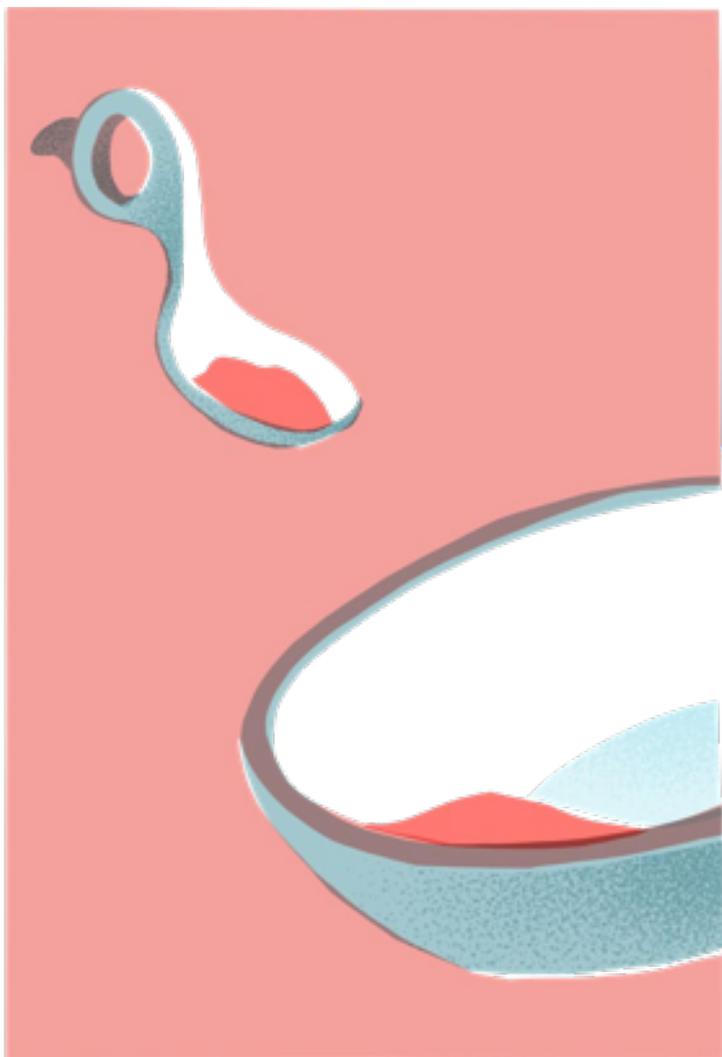
KOHLRABI, APPLE AND RICE PURÉE

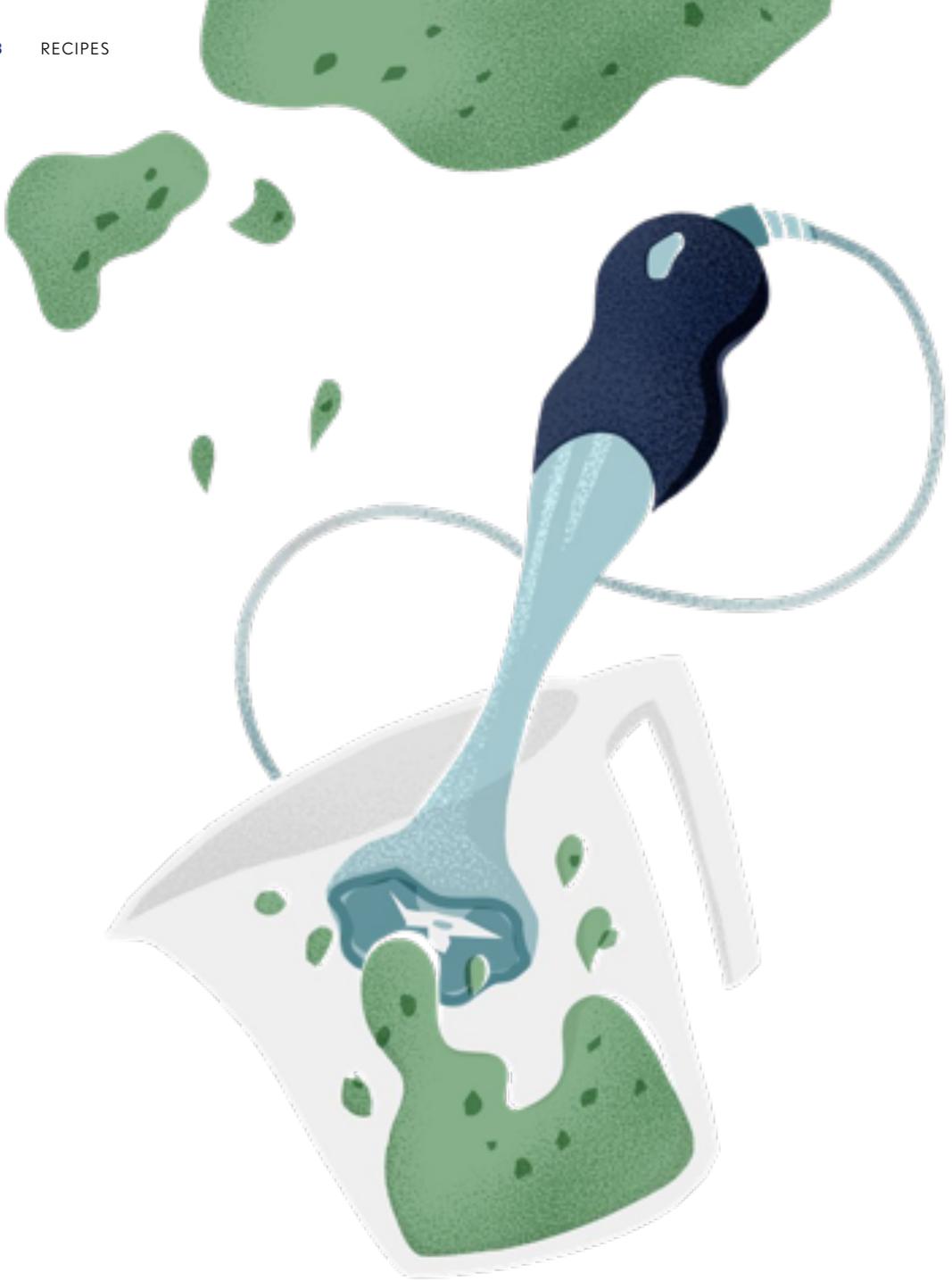
Ingredients	Gross weight	Net weight
 Kohlrabi	100 g	60 g
 Apple	100 g	40 g
 Rice		35 g
 Orange juice	½ orange	1 tbsp.
 Water		180 ml
 Rapeseed oil or butter		10 g

Preparation

1. Peel the kohlrabi and place in a colander.
2. Rinse well with cold water.
3. Clean and peel the apple and rinse under running water.
4. Cut into pieces on a clean board.
5. Bring 180 ml of water to the boil, add the kohlrabi, apple and pour in the rice.
6. Cook on a very low heat for 15 minutes.
7. Squeeze the juice from half an orange.
8. Place in a blender and add 1 to 2 tablespoons of orange juice.
9. Puree the mixture in the blender.
10. Add the butter or oil.
11. Add a little water if the purée is too thick.
12. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
13. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
14. To thaw, place in the fridge the day before.







6

MONTHS

LENTIL, CELERY, PARSNIP AND QUINOA PURÉE

5

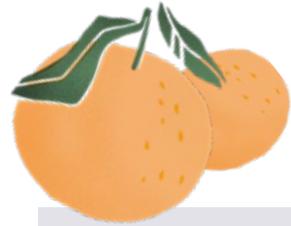
MONTHS

Ingredients	Gross weight	Net weight
 Celery root or stalks	70 g	50 g
 Parsnip	70 g	50 g
 Quinoa		20 g
 Coral Lenses		20 g
 Water		200 ml
 Squeezed orange juice	½ orange	1 tbsp.
 Rapeseed oil or butter		10 - 15 g

 250 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

Preparation

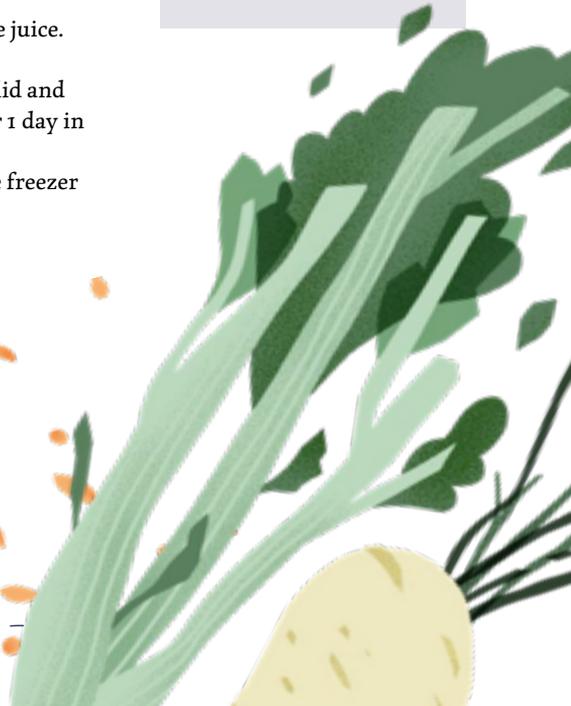
1. Peel the parsnips and cut off the ends, place in a colander.
2. Peel the celery and place in a sieve.
3. Rinse the vegetables well in cold water.
4. Cut the vegetables into pieces on a clean board.
5. Put the quinoa and lentils in a sieve and rinse well under running water.
6. Bring 200 ml of water to the boil, add the vegetables and pour in the quinoa and lentils.
7. Cook over a low heat for 15 minutes with the lid on.
8. Place in a mixing bowl.
9. Puree the mixture in the blender.
10. Add the butter or oil and 1 tablespoon of orange juice.
11. Add a little water if the purée is too thick.
12. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
13. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
14. To thaw, place in the fridge the day before.



TIPS

Replace the parsnip and celery with other vegetables.

Quinoa is an iron-rich cereal. Iron from plants is better absorbed in the presence of vitamin C. For this reason, orange juice is added to this puree.



6

MONTHS

 250 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

VEGETABLE, POTATO AND MEAT PURÉE

Ingredients	Gross weight	Net weight
 Carrots	80 g	50 g
 Courgette	80 g	50 g
 Potatoes	120 g	100 g
 Beef, veal, pork, lamb or chicken		20 g
 Rapeseed or olive oil		10 - 15 g

Preparation

1. Wash the potatoes, peel and rinse well in cold water.
2. Peel the carrots and cut off the ends, put in a colander.
3. Cut off the ends of the courgettes and place in a colander.
4. Rinse the vegetables well in cold water.
5. On a clean board, cut the carrots, courgette and potatoes into pieces.
6. Put the carrot, courgette and potato pieces in a small saucepan and add 50-100ml of fresh water.
7. Cut the meat into small pieces and add to the vegetables.
8. Cook over a low heat, with the lid on, for 15 minutes.
9. Place in a blender, puree with the blender and add the oil.
10. Add a little water if the purée is too thick.
11. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
12. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
13. To thaw, place in the fridge the day before.



TIPS

Replace carrots or fennel with kohlrabi, cauliflower, broccoli, courgettes, pumpkin, leeks, spinach, peas, green beans, celeriac, turnips, etc.

Replace the potatoes with sweet potatoes.

CARROT, FENNEL, POTATO AND SALMON PURÉE

6

MONTHS

Ingredients	Gross weight	Net weight
 Carrots	80 g	50 g
 Fennel	80 g	50 g
 Potatoes	120 g	100 g
 Salmon fillet		20 g
 Butter or oil		10 - 15 g

 250 g	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

Preparation

1. Wash the potatoes, peel and rinse well in cold water.
2. Peel the carrots and cut off the ends, put in a colander.
3. Clean the fennel, cut in half and put in a sieve.
4. Rinse the vegetables well in cold water.
5. On a clean board, cut the carrots, fennel and potatoes into pieces.
6. Cut the salmon fillet into 20 g pieces (freeze the excess portions), check that there are no bones left.
7. Place the carrots, fennel, potatoes and salmon in a small saucepan and add 75 ml of fresh water.
8. Cook over a low heat, with the lid on, for 10 to 15 minutes.
9. Place in a blender and puree with the blender.
10. Add the butter or oil.
11. Add a little water if the purée is too thick.
12. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
13. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
14. To thaw, place in the fridge the day before.



TIPS

Replace the salmon with other fish fillets: haddock, cod, sea bream, monkfish, etc.

6

MONTHS

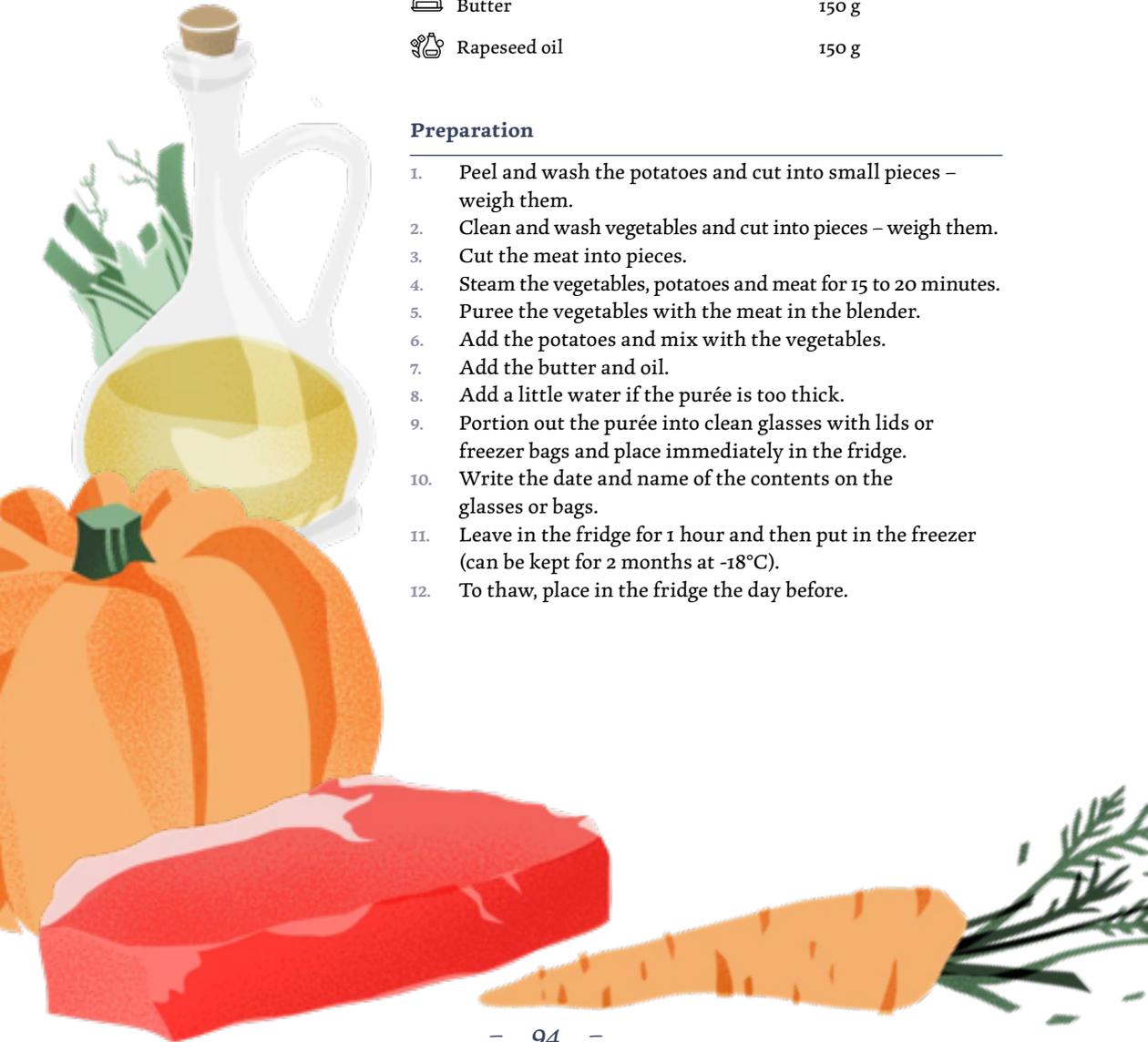
15 -	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

VEGETABLE AND MEAT PURÉE FOR FREEZING

Ingredients	Weight
 Vegetables: carrots, broccoli, fennel, pumpkin	1,5 kg – net weight
 Potatoes	1,5 kg – net weight
 Beef rump steak or escalope, fillet, roast veal	350 g
 Butter	150 g
 Rapeseed oil	150 g

Preparation

1. Peel and wash the potatoes and cut into small pieces – weigh them.
2. Clean and wash vegetables and cut into pieces – weigh them.
3. Cut the meat into pieces.
4. Steam the vegetables, potatoes and meat for 15 to 20 minutes.
5. Puree the vegetables with the meat in the blender.
6. Add the potatoes and mix with the vegetables.
7. Add the butter and oil.
8. Add a little water if the purée is too thick.
9. Portion out the purée into clean glasses with lids or freezer bags and place immediately in the fridge.
10. Write the date and name of the contents on the glasses or bags.
11. Leave in the fridge for 1 hour and then put in the freezer (can be kept for 2 months at -18°C).
12. To thaw, place in the fridge the day before.





6

MONTHS

 -	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

VEGETARIAN PURÉE

Ingredients	Gross weight	Net weight
 Millet flakes		20 g
 Egg yolk		1
 Carrots	130 g	100 g
 Fresh orange juice	½ orange	1 tbsp.
 Apple		1 small
 Rapeseed oil or butter		10-15 g

Preparation

1. Peel the carrots and cut off the ends, place in a colander and rinse well with cold water.
2. Cook in a pan with 150 ml fresh water for 10 minutes.
3. Peel the apple, wash and cut into pieces.
4. Squeeze the orange.
5. Crack open the egg, separate the white from the yolk.
6. Pour the millet flakes into the pan and mix well.
7. Add the egg yolk to the pan and mix.
8. Let the purée simmer while stirring.
9. Remove from the heat source.
10. Add the juice, oil and apple.
11. Puree with a blender.
12. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
13. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
14. To thaw, place in the fridge the day before.

TIPS

Millet is very rich in iron, and the vitamin C contained in orange juice further improves the absorption of iron.

APPLE - BANANA PURÉE

6

MONTHS

Ingredients

 Apple or pear

Weight

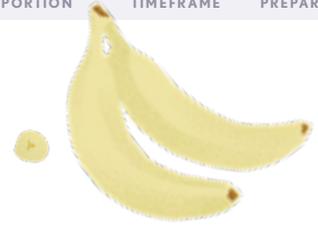
1 piece

 Banana

1 piece



 -	 afternoon	 10 min.
PORTION	TIMEFRAME	PREPARATION



Preparation

1. Peel and core the apple, wash and cut into pieces, place in a bowl.
2. Peel the banana, cut into pieces and add to the bowl.
3. Using the blender, puree the mixture.
4. Serve immediately or put in the fridge.

TIPS



☞ If you do not have a blender, grate the apple and mash the banana with a fork.

☞ Use other fruits, if possible ones that are in season.



6

MONTHS

1 -	 afternoon	 10 min.
PORTION	TIMEFRAME	PREPARATION

CEREALES - FRUIT

Ingredients	Weight
 Instant flakes of millet, rice, ...	20 g
 Orange juice	2 tbsp. - ½ orange
 Apple or pear	1 piece
 Banana or other fruit	1 piece
 Oil	10 g

Preparation

1. Squeeze the orange.
2. In a mixing bowl, combine the orange juice with the flakes.
3. Peel and core the apple, wash and cut into pieces, add to the flakes.
4. Peel the banana, cut into pieces and add to the bowl.
5. Using the blender, puree the mixture.
6. Add the oil.
7. Serve immediately or put in the fridge.



TIPS

If you do not have a blender, grate the apple and mash the banana with a fork.

Choose instant cereal flakes without added sugar and flavourings.





8

MONTHS

PUMPKIN RICE, PARSNIPS AND OMELETTE

8

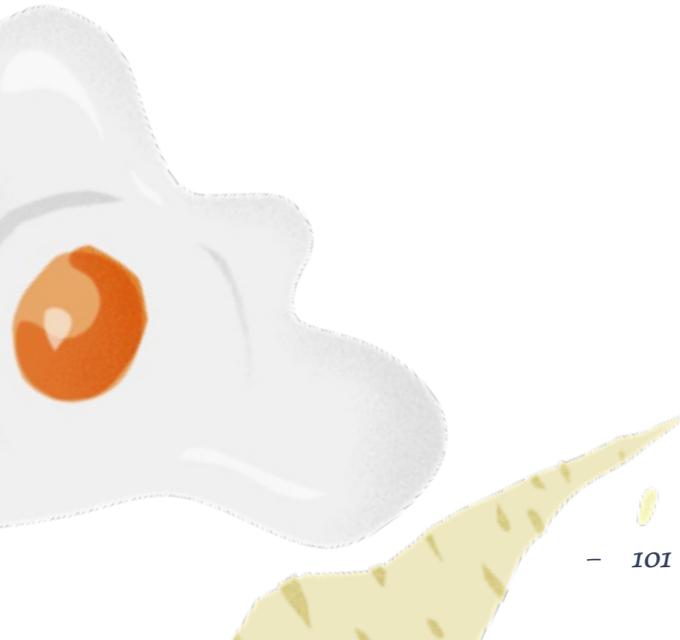
MONTHS

Ingredients	Weight
 Pumpkin or raw beetroot	60 g – net weight
 Parsnip	60 g – net weight
 Egg	20 g
 White or semi-grain rice	40 g
 Oil or butter	10 - 15 g

 -	 lunch	 25 min.
PORTION	TIMEFRAME	PREPARATION

Preparation

1. Cut off the pumpkin shell and remove the seeds and filaments with a spoon, wash the flesh.
2. Or peel the beetroot and wash.
3. Peel the parsnips, cut off the ends and wash.
4. Cut into small pieces (brunoise).
5. Bring 150 ml of water to the boil.
6. Pour the vegetables and rice into the pot of boiling water.
7. Cook over a low heat, covered, for 15 minutes.
8. Beat the egg with a fork.
9. Cook in a frying pan with a little oil to make an omelette.
10. Cut 20 g of omelette into small pieces.
11. Mix the omelette with the vegetable rice.
12. Chop or blend the vegetables to the desired consistency.
13. Add the oil or butter.
14. Serve immediately or put in the fridge.



8

MONTHS

 250 g PORTION	 lunch TIMEFRAME	 20 min. PREPARATION
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MILLET WITH CARROTS,
LEEK AND COD

Ingredients	Gross weight	Net weight
 Carrots	100 g	60 g
 Leek white	100 g	60 g
 Millet		40 g
 Cod		20 g
 Water		180-200 ml
 Rapeseed oil or butter		10-15 g

Preparation

1. Peel the carrots and cut off the ends, put in a colander.
2. Clean the leek, remove the green leaves and cut the white part lengthwise.
3. Rinse the vegetables well in cold water.
4. Cut the vegetables into small pieces on a clean board.
5. Place the millet in a sieve and rinse well under running water.
6. Bring 180 ml of water to the boil, add the carrots and leeks and pour in the millet.
7. Cook on a low heat for 10 minutes.
8. Put in a container to blend or serve without blending.
9. Puree the mixture in the blender.
10. Add the butter or oil.
11. Add a little water if the purée is too thick.
12. Use immediately or put in a clean glass with a lid and place immediately in the fridge (can be kept for 1 day in the fridge at 4°C).
13. Or place in the fridge for 1 hour and then in the freezer (keeps for 2 months at -18°C).
14. To thaw, place in the fridge the day before.

TIPS

—
Replace the carrots with other vegetables.





9

MONTHS

PASTA WITH CARROTS AND BROCCOLI

9

MONTHS

Ingredients	Weight
 Carrots	150 g – net weight
 Broccoli	150 g – net weight
 Small pasta	80 g
 Olive oil or other oil	20-30 g – 2-3 tbsp.

 -	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

Preparation

1. Clean and wash the carrots and broccoli.
2. Dice the carrots and divide the broccoli into small florets.
3. Steam or boil the carrots and broccoli for 10 to 15 minutes.
4. Mash or blend the vegetables to the desired consistency.
5. Cook the pasta separately in unsalted water and drain.
6. Add the oil and the pasta.
7. Serve immediately or put in the fridge.

TIPS

☞ Replace the broccoli with cauliflower or peas.

☞ Replace the carrots with pumpkin.

☞ Add 20-30 g of boneless fish fillet (steamed) to the mash.



9

PASTA WITH FENNEL AND TOMATO SAUCE

MONTHS

 -	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

Ingredients

Weight

 Fennel	60 g – net weight
 Fresh or canned tomatoes without salt	60 g – net weight
 Wholemeal pasta - small	40 g
 Olive oil or other oil	10-15 g – 2 tbsp.



TIPS

Replace the fennel with courgettes.

Add 20-30 g of boneless fish fillet (steamed) to the mash or chicken fillet.

Preparation

1. Clean and wash the fennel.
2. Cut the fennel into small cubes.
3. Cook the fennel in water (40 ml) for 10 minutes.
4. Wash the tomatoes and peel them.
5. Add the tomatoes to the fennel and cook for another 15 minutes.
6. Chop or blend the vegetables to the desired consistency.
7. Cook the pasta in water and drain.
8. Add the oil and the pasta.
9. Serve immediately or put in the fridge.

BOULGOUR WITH FENNEL AND SALMON

9

MONTHS

Ingredients	Gross weight	Net weight
 Fennel	75 g	60 g
 Carrots	75 g	60 g
 Bulgur, rice, millet or couscous		40 g
 Fresh salmon		20 g
 Water		180-200 ml
 Olive oil or other oil or butter		10-15 g

 -	 lunch	 20 min.
PORTION	TIMEFRAME	PREPARATION

Preparation

1. Clean and wash the fennel.
2. Clean, peel and wash the carrot.
3. Cut the fennel and carrot into small cubes.
4. Bring 180 ml of water to the boil.
5. Pour in the vegetables and bulgur.
6. Place the salmon in the pan.
7. Cook over a low heat, covered, for 10 to 15 minutes.
8. Chop or blend the vegetables to the desired consistency.
9. Add the oil.
10. Serve immediately or put in the fridge.

TIPS

☞ Can be frozen in a clean container for 3 months.

☞ Replace the fennel with courgettes or leek white.

☞ Replace bulgur with millet or couscous.

9

MONTHS

 1 - PORTION	 lunch TIMEFRAME	 20 min. PREPARATION
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CHICKEN COUSCOUS



Ingredients	Weight
 Carrots	40 g – net weight
 Courgettes	40 g – net weight
 Turnip	40 g – net weight
 Couscous	40 g
 Water	180 - 200 ml
 Chicken fillet	20 g
 Olive oil or other oil	10 - 15 g

Preparation

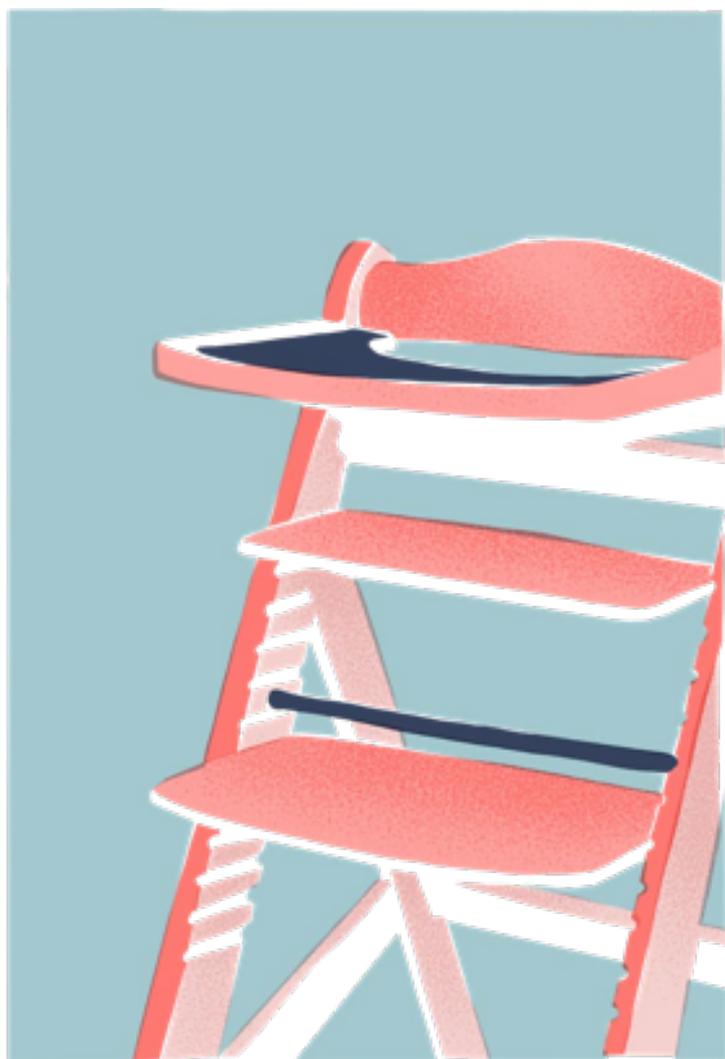
1. Peel and wash the carrots and turnip.
2. Clean and wash the courgettes.
3. Cut the vegetables into small cubes.
4. Clean the chicken fillet and cut into small cubes.
5. Bring 180 ml of water to the boil.
6. Pour the vegetables and couscous into the pot of boiling water.
7. Add the chicken.
8. Cook over a low heat, covered, for 10 minutes.
9. Chop or blend the vegetables to the desired consistency.
10. Add the oil.
11. Serve immediately or put in the fridge.

TIPS

You can add a little cumin.

Replace the courgettes with celeriac.

Can be frozen in a clean container for 3 months.



14. SHORT OVERVIEW OF NUTRITIONAL RECOMMENDATIONS BETWEEN 12 AND 36 MONTHS



From 24 months onwards, your child can eat with the family and starts to learn the family's eating habits.

14.1. WHICH FOODS TO CHOOSE?

14.1.1. What drinks to offer?

The only drink humans need is water. With introduction of complementary feeding, water (e.g. tap water) should be offered as a drink. Children aged 1-3 years drink about 600-900 ml per day.



If your child refuses to drink water, she is not thirsty. If she accepts fruit juice or flavoured water, it means that she likes the sweet taste... but not that she needs to drink yet. However, if you introduce flavoured, sweetened drinks, she may refuse to drink water for a long time, which increases the risk of tooth decay, overweight and long-term health problems.

Avoid sugary syrups, juices and herbal teas. Your child does not need them, and they are too high in sugar and provide too much energy. The child may gain weight.

Offer water with every meal.

14.1.2. Fruit and vegetables several times a day

Fruit and vegetables are rich in vitamins, minerals and fibre and have been shown to have positive health effects. High water content and relatively low in calories, they form the basis of our diet.

Gradually, your child will move from pureed fruit or vegetables to crushed or chunks of fruit and vegetables, cooked or raw, to be adapted according to his or her ability to chew and swallow.

Aim for 5 portions of fruit and vegetables a day. To achieve this, simply offer vegetables at lunch and dinner, and supplement each meal with a portion of fruit.



TIPS

Cakes and pastries should only be eaten occasionally. They are not part of a balanced breakfast or snack.



TIPS

Milk is not a drink, but a liquid food that belongs to the dairy family. A portion of milk can be perfectly replaced by a portion of dairy by the spoonful. If you have any doubts, consult your paediatrician or family doctor.

All fruits and vegetables are allowed, alternate between cooked and raw, vary as much as possible and favour those in season.

Set a good example and eat fruit and vegetables yourself.

14.1.3. Carbohydrates with every meal

Carbohydrates provide starch, which is the main source of energy for our body. It is used by all our organs, the nervous system, including our brain, and musculoskeletal system. Wholemeal carbohydrates are rich in fibre, minerals (magnesium, etc.) and B vitamins.

Carbohydrates, together with vegetables and fruit, are the basic elements of the human diet. It is recommended to eat carbohydrates at every meal. Vary the source of carbohydrates by alternating between different types of bread, potatoes, semolina, pasta, rice, quinoa, buckwheat, millet, oats etc.

Favour whole grains.

14.1.4. Milk and dairy products

You can continue breastfeeding. Continued breastfeeding after one year has positive effects on the health of the child. The WHO recommends continuing breastfeeding until the child is 2 years old.

Follow-on milks are milks specially designed to meet the nutritional needs of infants from 6 to 12 months. It is perfectly possible to use them until the age of 18 months.

So-called “growth milks”, promoted by the food industry, are not necessary if your child is receiving a varied and balanced diet.

Once your child is a year old, semi-skimmed cow’s milk is suitable for your child’s needs.

Offering 400 ml of milk per day will cover your child’s needs throughout the day, especially for calcium.

These products can replace one portion of milk (100 ml):

100 g plain yoghurt, 100 g plain cottage cheese, 30 g cream cheese or a small piece of cheese (15 g).



Milk and dairy products provide protein and are an excellent source of calcium. These nutrients are important for strengthening our bones, i.e. our bones become harder and stronger.

Creamy desserts, puddings, etc. are not considered to be dairy products because of their high sugar and fat content: if in doubt, seek advice from a health professional.



TIPS

“Milk bars” should not be considered as a dairy product, but as a sweet, as they are low in calcium and high in sugar.



14.1.5. Meat, fish, eggs and vegetarian alternatives

Meat and **poultry** are sources of protein and some also provide vitamin B12. Proteins are essential molecules for the proper functioning of the human body. They have multiple roles which are not limited to the development of muscles. Vitamin B12 is essential for the proper functioning of the brain, the nervous system and is involved in blood formation. It is only found in foods of animal origin. Meat is also rich in iron. Iron from animals is better absorbed by our bodies than iron from plants.

Fish provides protein, iodine and omega-3 fatty acids. Iodine has a direct effect on thyroid metabolism and omega-3 fatty acids have cardio-protective properties. These fatty acids are mainly found in oily fish such as tuna, salmon, sardines and mackerel.

Eggs are rich in protein which is highly bioavailable (easily absorbed) and provide B vitamins, especially B12 and B9.

Pulses (lentils, beans, ...) as well as vegetarian alternatives (tofu, seitan, ...) are also rich in protein (well cooked, as puree or soup) and can replace meat. The iron from plant foods is better absorbed if you add a food rich in vitamin C to the meal (raw vegetables, fruit).

Portions of meat, fish, eggs and pulses should be 20 g (= 4 teaspoons) for children over 12 months. Between 18 months and 2 years, the amounts will increase to 30 g (= 6 teaspoons); at around 4 years to 40 g (= 8 teaspoons) and at around 6 years to 60 g. These are daily amounts to be given at one meal or divided over two meals.



- ▶ Choose lean cuts.
- ▶ Regularly replace meat with fish.
- ▶ Sausages, cold cuts, salami and processed meats are very high in saturated fat and salt and should be avoided.
- ▶ Vegetarian alternatives (Tofu, Seitan, ...), also rich in protein, can be introduced between 12-18 months (well cooked, mashed or in soup) and can replace meat.

14.1.6. Fats

The diet should still be relatively high in good quality fats. However, limit the intake of foods rich in hidden, lower quality fats (sweets, pastries, biscuits, cold cuts, ready meals, fried foods, ...).

Fats are essential for growth. It all depends on the quality of the fat. To have a balanced intake of fatty acids, it is important to vary the sources: butter, cream, rapeseed oil, olive oil, walnut oil, linseed oil, soya oil, corn oil, sunflower oil, etc.

In order to meet the requirements of essential fatty acids, it is advisable to consume 1-2 tablespoons of oil every day, adding it to mashed potatoes, salads, soups, pasta, rice and using oil for cooking.

14.1.7. Season without salt

Season food with herbs or spices to give it flavour and to stimulate your child's taste buds.

Some foods are very salty, so rarely offer them to your child: ham, cold cuts, certain cheeses. Avoid salted biscuits, crisps, etc.

14.1.8. Sweet foods

Sugar, honey, chocolate, biscuits and other sweets should be consumed in moderation (1 teaspoon of sugar per day, 1 biscuit per day maximum). Small children have a natural appetite for sweet things, which will be reinforced if they eat sweet products every day. If offered regularly, these foods increase the risk of early tooth decay (don't forget to brush your teeth!).

They suppress the appetite, and may also prevent the child from tasting more neutral tasting foods, such as vegetables.





14.2. HOW MUCH SHOULD YOU GIVE YOUR CHILD?

From the very first months, the vast majority of children know how to eat exactly what they want. Various studies have shown that children regulate the amount of food they eat during the day and even during the week quite adequately. If a child eats too much at one meal, he or she will eat less at the next, and vice versa. And then there are days when they are simply less hungry!

Offer balanced and varied meals in a friendly environment. Be assertive.

The child will eat according to her needs, and she will do so perfectly well if the food offer is adapted. Sweet, fatty products and sweets distort the child's appetite and contribute to a deregulation of their appetite.

14.2.1. Summary of average quantities (non-binding list to be adapted to daily life)

FOOD TYPE	QUANTITY	QUANTITY
	12-24 MONTHS (1-2 YEARS)	24-36 MONTHS (2-3 YEARS)
 Water	When thirsty	When thirsty
 Vegetables	120 - 160 g	150 - 210 g
 Fruit	100 - 140 g	130 - 190 g
 Meat-poultry-fish-eggs-vegetarian alternative	20 g	30 - 40 g
 Bread	60 - 100 g	100 - 120 g
 Cooked carbohydrates (rice, pasta, quinoa, etc.)	100 - 120 g	120 - 150 g
 Milk or equivalent	300 - 400 ml	400 ml
 Oil	15 g	15 g
 Butter	5 g	5 g
 Cream	5 g	5 g



14.3. IF THEY REFUSE CERTAIN FOODS

Refusal of certain foods is frequently observed in children, depending on age. In general, these are transitory episodes. This does not affect their health.

Vary within the same food family:

- ▶ Does your child not like milk?
Offer her a portion of another dairy product (yoghurt, yoghurt drink, cheese, grated cheese on vegetables or in soup, cottage cheese, etc.).
- ▶ Doesn't like a vegetable, colour or texture?
Vary the different vegetables and offer them in different forms: cooked, raw (after the age of 8 months), in salads, in sticks with a dip in cottage cheese (fingerfood), etc.
- ▶ Doesn't like meat or fish anymore?
Prepare it in a different way, involve them in the preparation of the meal.

Don't force it, but don't give up either... set a good example.



TIPS

Play with presentation and colours. Involve your child in the preparation of the meals. Let your imagination run wild.



15. NEOPHOBIA: THE FEAR OF TASTING NEW FOODS

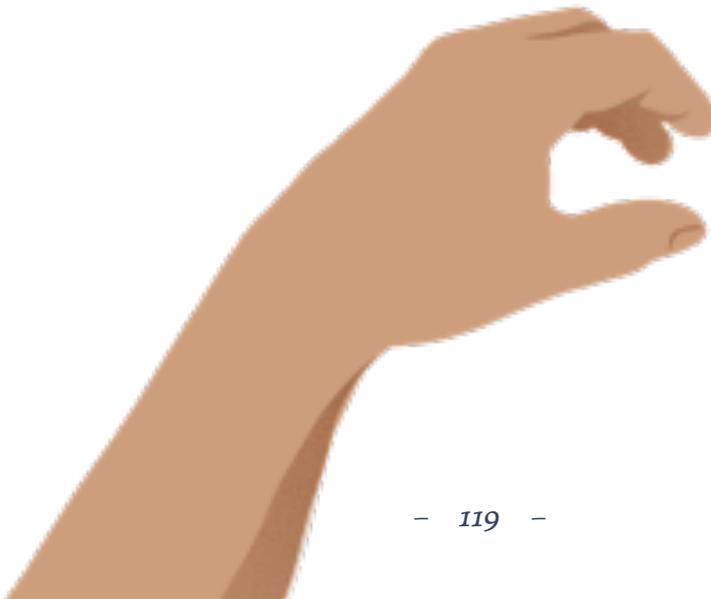


Food neophobia is a phase in which children refuse foods and dishes they are not familiar with. This fear of the new, neophobia, does not occur in all children and can be more or less pronounced and of varying duration. Neophobia is not an eating or behavioural disorder, but is part of development; however, it can be exhausting for adults.

Forcing and punishing a child can reinforce neophobia and make eating a real struggle. Patiently and repeatedly offering food in the presence of familiar people can have a positive influence on neophobia. Most of the time, neophobia disappears after a while. Recent studies on food neophobia show the value of persisting in learning new flavours.

It often takes 7 to 10 attempts before the child appreciates the new taste. Don't give up, but never force it: by repeatedly offering a certain food in a friendly atmosphere, you will see the reluctance disappear with time.

Some studies suggest that selectivity can be limited by offering a wide variety of tastes from the beginning of diversification, for example by changing the foods offered daily. Encourage dietary diversity by, for example, allowing the child to participate in the selection of vegetables and fruit while shopping or to participate in the preparation of meals. Allow the child to touch and taste all the foods on offer. If the difficulty persists, seek advice from your paediatrician or doctor.



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INTRODUCTION OF COMPLEMENTARY FEEDING



AGE MONTHS

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BREAST MILK
OR FORMULA MILK AND
FOLLOW-ON MILK



VEGETABLES/FRUIT



OIL/FATS



**STARCHY FOODS/
POTATO**



**MEAT/EGGS/
FISH/LEGUMES**



DAIRY PRODUCTS

Offering more and more water



8

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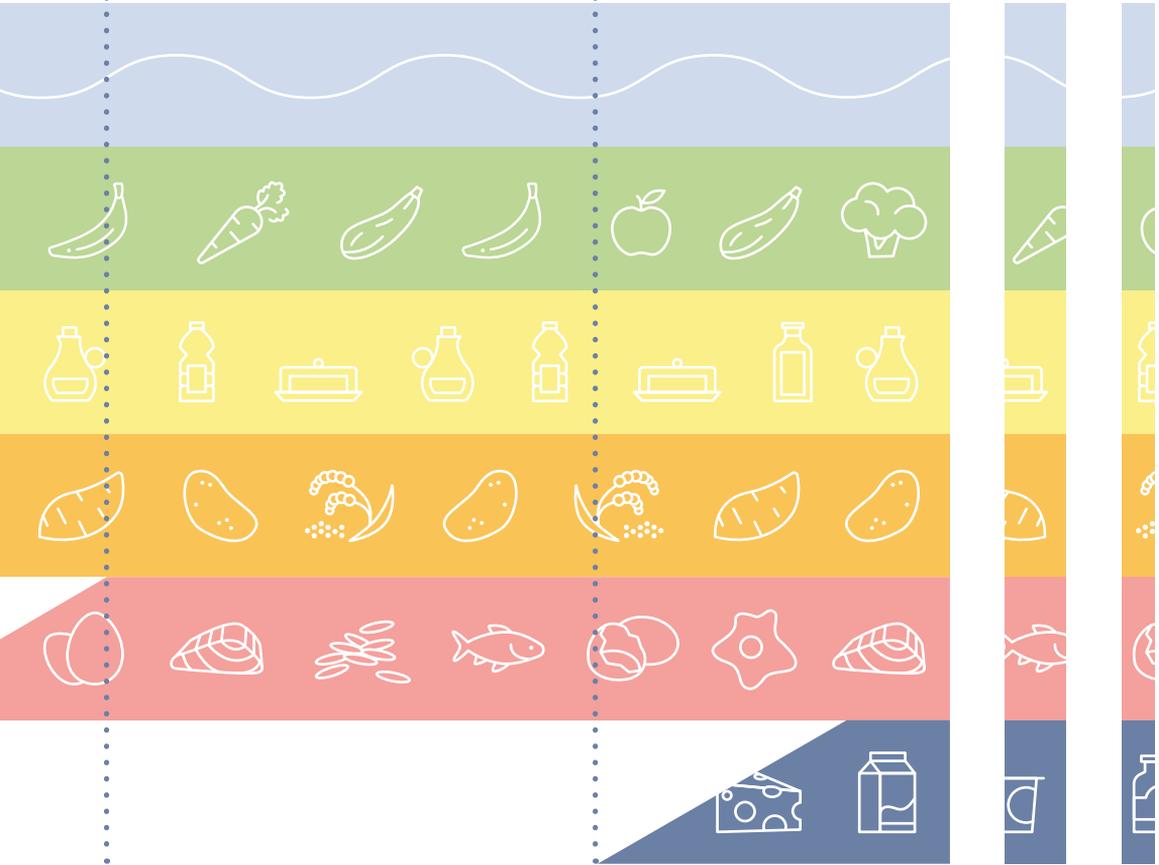
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AGE MONTHS



Offering more and more water



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NOTES



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