



Nutritional recommendations up to the age of one

For individual advice on nutrition please ask the health visitor. We consider the developmental stage of your child and his/her readiness to eat and find the optimal nutritional plan in a personal discussion with you.

Months	1 st -3 rd month	4 th month	5 th month	6 th month	7 th month	8 th month	9 th month	10 th month	11 th month	12 th month	after one year
	Breastfeeding stage		Weaning stage					Changing to solid-foods			
Breastfeeding	Breastfeeding										
Formula milk	* First infant milk (from birth), if risk of allergies first infant milk HA				As long as your child is developing well, he/she can be fed with first infant milk up to the age of 12 months, if needed change to ** follow-on milk						
Full fat milk											undiluted full fat milk
Vegetable purée			Slowly, step by step introducing small amounts		carrots, potatoes, pumpkin, courgette, fennel			spinach, broccoli, cauliflower, kohlrabi, beetroot		lettuce, tomatoes, peas, plum tomatoes (pelati), beans	
	1 teaspoon rape-, sunflower- or olive oil per 100 g vegetable purée										
Fruit purée			Slowly, step by step introducing small amounts		apple, pear, berries, melon, banana			apricots, peaches, grapes, cherries, damsons, plums, citrusfruits, mango, avocados			
Mashed cereals, bread			Slowly, step by step introducing small amounts		breadcrusts, ricecakes, pancroc, sugerfree melbatoast						
	millet, spelt, rice, maize, wheat, barley, oats, rye, pasta										
Meat, egg yolks, fish			Slowly, step by step introducing small amounts		as an addition in the purée: meat, fish or egg						
Dairyproducts							small amounts natural yoghurt			cream cheese, cheese	

The puréed/mashed amount of a meal can depend on the size of the child and his/her requirements. Usually the amount ist about 150 - 250 g. * first infant milk = Anfangsmilch ** follow-on milk = Folgemilch 2