

“HEALTHY EATING FOR BABIES”

Breast milk is the perfect food for babies in the first few months of a baby’s life. If the child is not breastfed, infant formula (“Pre”) is the best food. However, around the age of 6 months (between week 17 and 26), breast milk alone is no longer sufficient. Your baby will then need additional food in pureed form. At the beginning, very small portions of pureed food (2-3 teaspoons) will be enough because your baby will have to get used to it. The amount can then be gradually increased. Even if your baby is given solids, it is good to continue breastfeeding.

What does your baby need?

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| <ul style="list-style-type: none">• Vegetables, fruit, pulses (e.g. peas, lentils, beans, chick peas)• Meat: e.g. beef, veal, lamb or pork• Potatoes, pasta, rice, wheat, oats, rye, barley, spelt, millet, ... | <ul style="list-style-type: none">• Fish: e.g. char, salmon, trout• Egg• Vegetable oils: e.g. linseed, rapeseed, walnut, soy, wheat germ and olive oil• Drinking water |
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PLEASE NOTE!

- Always heat meat, fish and eggs well. Remove all fish bones thoroughly.

It is good to give your baby many different kinds of food to make sure he or she gets all important nutrients. When solids are first introduced, foods with a high iron and zinc content such as meat or grains, and food rich in nutrients (vegetables, fruit, grains) are important. If your child does not like a certain food, be patient and try again at a later time.

Cow’s milk in the first year of life

Up to the age of 6 months, babies should not be given any cow’s milk. Starting at the age of 6 months (week 23), you can use cow’s milk to prepare a milk-grain puree. However, don’t feed this together with a meal including meat. Only offer your baby a meal containing cow’s milk once a day maximum. An amount of up to 100 – 200 ml cow’s milk per day is sufficient for your child (increase slowly as the baby gets older). Cow’s milk is not suitable as a drink in the first year of life.

Grains in the first year of life

Grains like wheat, rye, oats, barley, spelt, green spelt and kamut contain gluten.

Initially start with small amounts of these grain types: e.g. ½ slice of sugar-free rusk, 1 small piece of bread (15 g), 1 tablespoon of cooked pasta, 1 tablespoon of flakes, 1 teaspoon of semolina or flour. This amount is generally well tolerated. After 2 weeks you can gradually increase the amount.

PLEASE NOTE: What should a baby not eat in the first year of life?

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| <ul style="list-style-type: none">• Salt, sugar, honey, hot spices• Foods containing raw egg (e.g. soft-boiled egg), raw fish (e.g. smoked salmon) or raw meat (e.g. steak tartar)• Raw milk, cow's milk not as drinking milk• Curd cheese, custard, cheese• Sausage and cold cuts (e.g. ham, sausages, bacon) | <ul style="list-style-type: none">• Salty snacks• Chocolate, sweets, biscuits• Soft drinks (e.g. cola drinks, ice tea, ...)• Coffee, tea (green or black tea)• Alcohol, also not for cooking• Whole nuts, seeds (only finely ground in pureed food) |
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Recipe idea for a puree

100 g vegetables of the season: e.g. carrot, fennel, squash, zucchini, broccoli, etc.

20 g grain flakes: e.g. millet, oat, wheat, spelt flakes, etc.

30 g meat or fish: Make sure the fish does not have any bones!

200 ml water

2 teaspoons of rapeseed oil

Method: Wash the vegetables, peel if necessary and cut into small pieces. Cut meat or fish into small pieces and steam in water together with the vegetables for about 5 – 10 minutes until everything is cooked through. Sprinkle with cereal flakes, bring to the boil and stir several times. Turn off the stove and allow to soak for roughly 3 – 5 minutes. Then puree ingredients finely and mix in oil. Leave to cool to room temperature before feeding.

Tip: Always add 1 – 2 teaspoons of oil to 100 g of puree as a main meal. Feed a jar of baby food from the shop as a main meal, add 1 – 2 teaspoons of oil per 100 g if the jar does not contain any oil (see list of ingredients on the jar).

When can your baby eat with the family?

Your baby will learn to eat with the family at around age 1. Prepare the food without any spices. Take out the serving for your child and only then add salt and spices for the rest of the family.

Further information is available in the brochure “Eating healthy from the beginning! – Baby’s first spoonful” (not available in English) and at: www.richtigessenvonanfangan.at