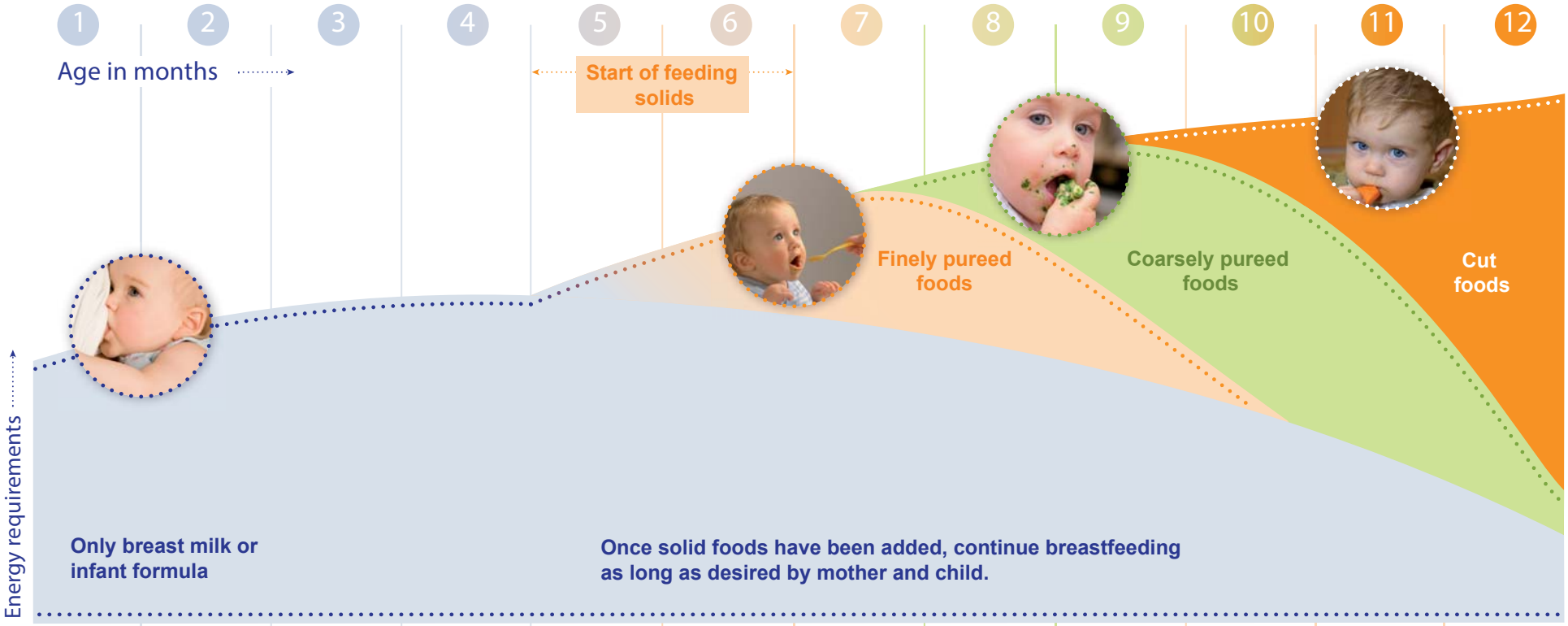
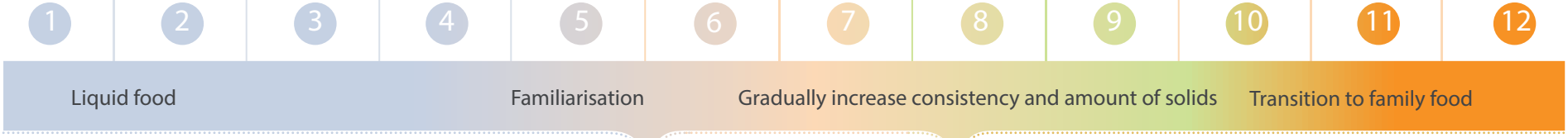
INFANT NUTRITION

in the first year

Richtig essen von Anfang an!





*Introduction of solid food around month 6, depending on the development of the child; however, **not before the beginning of month 5 and not after the end of month 6.** Prefer highly nutritious, high-iron and high-zinc foods (e.g. red meat).*

The consistency of the food offered should be gradually increased; around month 8, purees will also be accepted if the consistency is coarser.

www.richtigessenvonanfangan.at

MINISTERIUM FRAUEN GESUNDHEIT

Hauptverband der österreichischen Sozialversicherungsträger

AGES

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