

# Diet in the First Year of Life

## Breastfeeding or Drinking

0-12th month: Breast milk or infant formula

In 9th month: Start with diluted whole milk (2/3 milk, 1/3 water) with added cereal a possibility.

## Introduction of Complementary Foods

### General

Nutritional needs change after half a year. The child needs extra nutrients.

Begin with mashed vegetables, fruits or grains at the earliest 5 months, the latest 7 months.

### Start

- The child must be physically, mentally and spiritually mature!
- Choose to start in a quiet moment (unsuitable times include fatigue, illness, other stress)
- Start with small portions of purée and increase the amount slowly (small spoon made of soft plastic).
- When the child is not eating a whole portion, offer breast or formula after the meal. Later water or unsweetened tea is sufficient.
- At the beginning, offer finely puréed food (blender) diluted with boiling water, gradually adjust the purée to the chewing ability of the child (crush with a fork or chop finely).
- Choose seasonal vegetables and fruits, when possible, from organic farms.
- Introduce new foods at intervals of 3-4 days.
- The child does not need a new purée daily; it is satisfied with little variety. It therefore gets all the important nutrients and vitamins.
- Many different ingredients overwhelm.

### Important

- Feed the child in an upright position (rocker, car seat, highchair later).
- Feed only as long as the child shows pleasure! Finish the meal when the child is restless, his mouth closes or turns his head away!
- Remain calm and composed when the child goes on strike and try again after a few days!
- Let the child decide whether and how much it eats. Do not force feed. Hunger can vary from child to child and from meal to meal!
- It's especially important for young children to have eating rituals and rules such as sitting in the highchair, wearing a bib and the beginning and end of a meal.
- Fixed mealtimes, a pleasant atmosphere and the food at the table are essential factors for the formation of normal eating habits.
- These foods are not suitable in the first year: salt, spices, sugar and honey.

### Vegetable Purée

Begin at 5 - 7 months

Quantity: 150g per meal (increase quantity as needed)

Ratio: 2/3 vegetables, 1/3 potato or grain (see grain detail)

Vegetables: Start with carrots, pumpkin, zucchini, fennel and potatoes or grain

Vegetable varieties: cauliflower, broccoli (florets only), beetroot, eggplant, spinach, romaine lettuce, cucumber, etc.

Flatulent vegetables such as legumes, leeks, beans, cabbage: introduce end of first year.

Recipe: Example for one serving: 100g carrots, potato 50g, 1tsp rape seed or olive oil, 20ml of pure fruit juice ( apple or pear juice, orange juice later) !

Preparation: Peel the vegetables, cut into small pieces, add a little water, cover to steam (less vitamin loss).

Purée vegetables with the cooking water.

No salt, do not use stock.

Prepare green leafy vegetables, such as spinach or lettuce, fresh, because they develop toxins during warming.

Enrichment!! 1 tsp rape seed or olive oil on 100g vegetables.

Fruit juice or some fruit purée added to vegetable meal improves iron absorption.

Storage: The vegetables can be pre-cooked and kept for a maximum of 2 days in the refrigerator or frozen in portions. Add oil to the thawed and warmed vegetables.

### Meat/ Fish

Vegetable pulp can be used to supplement the iron requirement when meat or fish are added.

Begin: in 7<sup>th</sup> month (after development of the vegetable meal)

Quantity: 100g per week.

Meats: Poultry, beef, veal, rabbit, lamb.

Fish: Fillet (fish bones!)

Preparation: Cook meat / fish with vegetables or steam in a little oil, then purée.

### Eggs

Vegetable purée can include (instead of meat / fish) egg to supplement the iron requirement.

Begin: In 7<sup>th</sup> month (after development of the vegetable meal).

Quantity: 1-2 times per week, 1 egg.

Preparation: cook egg and add to the vegetables.

### Fruit Purée

Begin: 5 - 7 month.

Quantity: 150 g per meal (increase quantity as needed).

Ratio: 2/3 fruit and 1/3 grain ( see grain detail).

Fruits: Start with apple, pear, banana (ripe).

Fruit varieties: apricot, plums all sorts, peach cooked (otherwise bloating), melon, berries, grapes , citrus fruits.

Recipe: Example for one serving : 100g fruit , 1-3 tbsp. cereals (or quantity specified on the pack), 1tsp rape seed or olive oil.

Preparation: peel fruit and finely grate or purée, raw or cooked (easier to digest). Stir in instant cereal (for baby) or normal corn flakes in a little water, let swell, boil and mash as needed, mix with the fruit.

Enrichment: As of 7th month, addition of natural yoghurt or Bifidus is possible.

## Grain

Begin: 5 - 7 month

Quantity: Amount of grain depends on the product!

Form: Cereals in the form of flakes or porridge (for mixing or cooking)

Cereals: All grains like rice, corn, millet, and grains containing gluten such as spelt, oats, rye, barley, wheat, etc.

Preparation: Per package specification.

Cereal-Purée: Stir instant cereals (for baby) in the vegetables or fruit purée. Or milk: normal cereals, such as millet, oats, whole grain cereals, etc. normal in a little water, let swell, boil and mash as needed, mix with fruits / vegetables.

How to cook porridge, semolina, millet, corn, etc.: cook (according to the package specification).

Cereal-Purée: Instant cereals (for baby) stir with breast milk / formula (in 9th month diluted with milk -- whole milk 2/3 milk 1/3 water possible).

Normal cereal flakes in a little water briefly boiled as needed and puréed enriched with breast milk / formula (in 9th month with diluted milk 2/3 milk, 1/3 water possible).

Grain, such as semolina, cook according to package information.

**Recipe:** Example for one serving of milk porridge: about 20g cereal (amount depends on the product) with 100 -150ml breast milk / formula or after 9 month whole milk diluted (2/3 milk, 1/3 water). Prepare and refine as needed with puréed fruit.

Variations: In the 7th month bread (crust, without seeds, nuts), rice cake, biscuit, or biscuits without sugar, Pasta etc.

Feed only under supervision!

## Dairy Products

After 6th month the daily requirement of milk / dairy products is about 500ml.

Begin: 7th-12-month natural yoghurt and whole milk small portions (max. 200ml/day) for preparing cereals possible.

10th month, butter and small amounts of mild cheese possible.

After 12th month, whole milk (3.5% fat) undiluted, also drink milk (2.5 % fat) possible.

Quark, sugary yogurts, Petit Gervais, etc. are inappropriate in the first year of live.