## Food for babies and small children

<table>
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<th>Age</th>
<th>Development</th>
<th>Eating method</th>
<th>Meals and types of food</th>
<th>Food suggestions</th>
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<td>0- (4) 6 months</td>
<td>The baby is born with searching and sucking reflexes which makes it capable to breastfeed</td>
<td>From breast or bottle</td>
<td>Breast milk or formula (breast milk substitute) as needed</td>
<td>Breast milk and/or formula</td>
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<td>(4) 5-6 months</td>
<td>Baby is ready for solid food, when baby can scrape off food from a spoon with her/his lips, and move food from the front of the mouth to the back of the tongue and swallow.</td>
<td>From breast or bottle, practice eating with a spoon, start drinking from a small cup</td>
<td>Breast milk or formula 5-6 times in 24 hours 1-2 meals of cereal/porridge Possibly 1 meal of pureed vegetables Water in a small cup</td>
<td>Baby can be breast- or bottle fed 100% until 6 months. <strong>When ready for solid food:</strong> Start with cereal made from corn, rice, millet, buckwheat, quinoa and oatmeal or rye. If wanted add mashed banana or stewed apple or pear. Next: boiled and pureed/mashed vegetables using potatoes, carrots, cauliflower, broccoli, sweet potatoes, parsnips and corn. Remember to add fat and breastmilk/formula – see recipe on other side</td>
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<td>6 - 9 months</td>
<td>Baby can sit up with support (in a highchair or in lap) while being fed with a spoon. Use legrest for baby. Baby can move tongue from side to side and is practicing chewing. At end of period, baby can pick up small pieces of food with thumb and index finger.</td>
<td>More solid and lumpy foods, using bread/biscuits or dry toast, getting used to eating</td>
<td>Breast milk or formula Cereals and fruit Mashed vegetables with meat, poultry and fish Bread, vegetables and fruits for chewing Water or formula from a cup</td>
<td>Cereals: Corn, rice, millet, oatmeal, barley, buckwheat, rye (ællebrød), quinoa. All kinds of mashed vegetables: potato, carrot, broccoli, parsley, cauliflower, cabbage, squash, Hamburg parsley, parsnip, avocado, artichoke, corn, leek, peas, beans and sprouts. Limited amounts of spinach, celery root, red beets and fennel. Remember to add fat and breastmilk/formula – see recipe on the other side All kinds of raw or cooked fruit: apple, pear, rosehip, raspberry, blackberry, red currents, plums, black currents, banana, melon, kiwi, orange and strawberry. Meats/fish: pureed beef, calf, lamb, pork, fish (no game fish), poultry, heart, liver Bread, pasta and rice: white or dark bread without whole grains. Limit rice. Eggs: hard-boiled. Cheese and dried beans: only small amounts. Drinks: water or formula in a cup.</td>
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<td>9-12 months</td>
<td>Baby can sit alone and likes being fed at the table sitting in a highchair.</td>
<td>Getting used to lumpy food, can pick up food with fingers and put it in mouth, can hold cup with both hands, enjoys trying out eating with spoon and fork alone, at the age of 12 months, bottle should be phased out</td>
<td>Cereals Buttered bread with different spreads Potatoes, rice or pasta with vegetables and meat or fish Breast milk or formula. Whole milk in food, and curdled milk products in small amounts. Water or formula from a cup</td>
<td>Meats/Fish: Pork, calf, lamb, beef, poultry, liver, heart, flounder, cod, trout, salmon, herring, mackerel, roe. Do not use game fish, such as shark, pike, swordfish and tuna. Bread, grains and beans: rye bread, white bread of various kinds, sugar-free biscuits, rice and pasta. Dried beans in small amounts. Spreads: cold cuts, fish, liver paste, left-overs from dinner, codfish roe, mackerel, hard-boiled egg. More vegetables – boiled or raw: cucumber, tomato, herb paste, avocado, pepper, lettuce, radish, cress and parsley Fresh fruit: can be used as spread on bread, small pieces of raw apple, orange, pear, nectarine and peach. Cheese: mild cream cheese or cheese cuts in small amounts. Drinks: Water or formula in a cup. Offer baby water between meals. Curdled milk products: ½-1 dl of &quot;A38, tykmælk or sodmaid. Hygurdt&quot;</td>
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<td>12-18 months</td>
<td>Baby can pick up spoon and put it in mouth. More advanced movements of wrist</td>
<td>Can drink from cup holding with one hand and eat with a spoon by her/himself, has stopped using bottle</td>
<td>At least 4-5 meals a day. Otherwise eat like the rest of the family</td>
<td>From 12 months, baby food resembles the rest of the family food, but should not be too coarse. The amount of milk is only 350ml - ½ l per day and milk products with 2% fat are recommended. Milkproducts with protein&gt;3.5 are not recommended. There is no longer need for adding extra fat to baby food.</td>
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CEREAL
1 dl cold water
¼-½ dl rice flour, corn flour or grits
1 dl formula (ready made) or breastmilk
½ tsp. fat (vegetable oil or butter)
Bring water and flour/grits to a boil while stirring.
Keep boiling at low heat for a few minutes and add formula and fat.
Cool and serve.

PUREED VEGETABLES
2-3 potatoes (or 100g)
50 g vegetables
1-2 dl water
½ dl formula (ready made) or breastmilk
1 tsp. fat
Peel potatoes and clean fresh vegetables. Cut everything in small pieces.
Boil all in a little bit of water and cook for 12-15 minutes.
Pour out water and add formula/breastmilk.
Mash the vegetables with a fork or puree through a sieve.
Add fat and serve.
If bigger portions of vegetables are made to be frozen, wait with adding fat
and formula until the food is reheated. This way, a better consistency is
obtained.

"ØLLEBRØD"
Crumble a couple of rye bread slices and cover with water in a small pot.
Leave for at least an hour or preferably all night. Boil while stirring 2-3 minutes
until smooth. Add ½ dl formula/breastmilk and 1 tsp. fat before serving.

OATMEAL PORRIDGE
1 dl formula/breastmilk
1½ dl cold water
1 dl oatmeal
½ tsp. fat
Bring water and oatmeal to a boil while stirring.
Turn down heat and continue cooking while stirring for about 3 minutes.
Remove pot from heat, stir in fat and formula and pour to cool before
serving.

MEATBALLS
Stir ground meat with a bit of flour, water and formula/breastmilk.
Form into small meatballs and boil in water for 5-10 minutes.
Do not use ready-made meat mix with salt and cowmilk.

FISH
Put small pieces of fish between two plates and place over boiling water.
The fish will be steamed and ready in a few minutes.

IDEAS and RECOMMENDATIONS
- Serve small portions, and let baby be part of the family gathering for
  meals as early as possible.
- Create a pleasant atmosphere at mealt ime and do not pressure baby
to eat.
- Use only cold water for cooking.
- Children under the age of one needs breastmilk or formula because of
  lower protein content. Cowmilk can be used in cooked food in small
  amounts (max 100ml) from 9 months, and in cup when baby is 12
  months.
- Children under the age of one should not eat honey. Honey can
  contain toxic spores from bacteria. Bread baked with honey is OK.
- Food for children under the age of one should contain as little salt as
  possible.
- Children younger than 3 years should not be served game fish, such
  as shark, pike, swordfish or tuna due to risk of mercury.
- Use a wide variation of food for baby from the start. When 6 months
  old use meat and fish in most meals, and serve with vegetables and
  fruits to enhance the absorption of vitamins and minerals.
- Banana and rice products can cause constipation. Give baby a lot of
  extra liquids, serve “øllebrød” and leave out bananas for a while. If
  baby is uncomfortable or constipated, call health nurse or doctor.
- Avoid sweet drinks or juice in a bottle. It may cause cavities.
- Avoid biscuits and cookies between meals. It provides a small amount
  of energy and takes away appetite from healthy food. Use rye bread,
  full grained toast, fruit or fresh vegetables instead.
- Rice products can have a high arsenic content and should only be
  served 2-3 times a week to small children.
- Limit sunflower seeds, linseeds and cinnamon.
- Give max. 50 g raisins a week to small children.
- Children younger than 3 years should never be fed food that might
  cause suffocating, and should always be watched by adults while
eating.