

Food for babies and small children

Age	Development	Eating method	Meals and types of food	Food suggestions
0- (4) 6 months	The baby is born with searching and sucking reflexes which makes it capable to breastfeed	From breast or bottle	Breast milk or formula (breast milk substitute) as needed	Breast milk and/or formula
(4) 5- 6 months	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.	From breast or bottle Practice eating with a spoon Start drinking from a small cup	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	Baby can be breast- or bottle fed 100% until 6 months. When ready for solid food: 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. ½hardboiled egg twice a week prevents allergy towards eggs. Remember to add fat and breastmilk/formula – see recipe on other side
6 - 9 months	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.	More solid and lumpy foods Drinking from a cup Getting used to eating bread/biscuits or dry toast Less bottle	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	Cereals: Corn, rice, millet, oatmeal, barley, buckwheat, rye (øllebrød), 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 beats 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 currants, plums, black currants, 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: high in protein, see more on next page Drinks: water or formula in a cup.
9 -12 months	Baby can sit alone and likes being fed at the table sitting in a highchair.	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	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	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 (see more on next page) 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 "A38, tykmælk or sødmælksyoghurt"
12-18 months	Baby can pick up spoon and put it in mouth. More advanced movements of wrist	Can drink from cup holding with one hand and eat with a spoon by her/himself Has stopped using bottle	At least 4-5 meals a day. Otherwise eat like the rest of the family	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>3,5 are not recommended. There is no longer need for adding extra fat to baby food.

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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 or milk.

Form into small meatballs and boil in water for 5-10 minutes.

Do not use ready-made meat mix with salt.

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 RECOMENDATIONS

- Serve small portions, and let baby be part of the family gathering for meals as early as possible. Create a pleasant atmosphere at mealtime 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.
- Dried beans are high in protein. Use with care if baby also eats meat.
- 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.