

THE GRADUAL INTRODUCTION OF NEW FOODS



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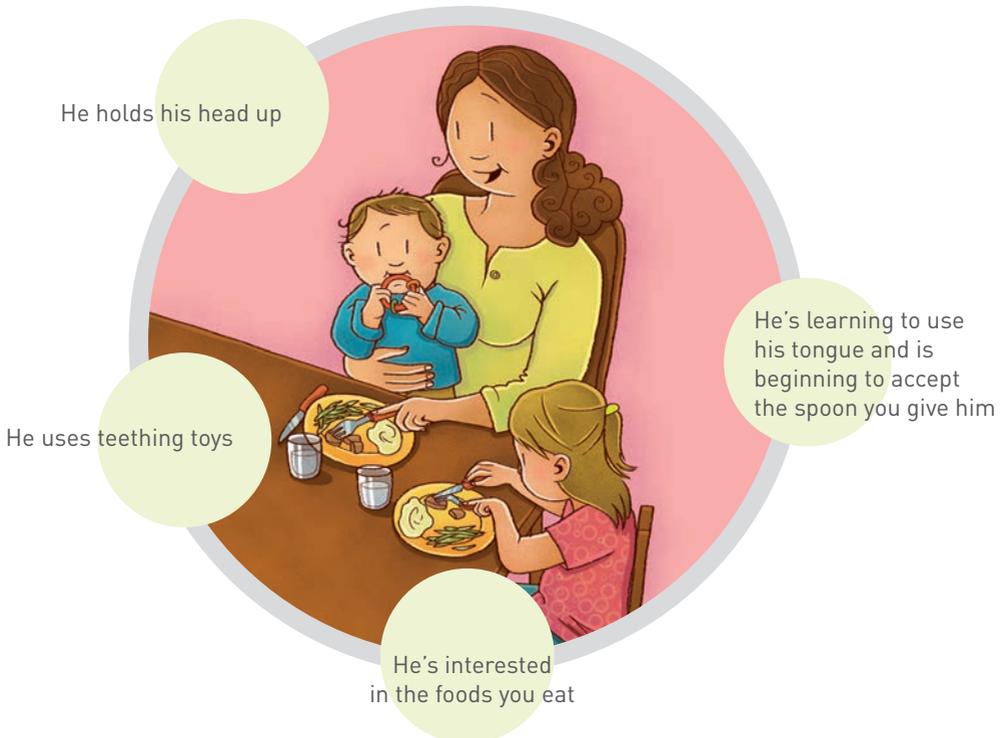
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WHEN TO START ?**NOT TOO EARLY, BUT NOT TOO LATE EITHER**

Taking into account the development of your child and his interest in foods other than milk, the ideal age for a baby's first meals is about 5 to 6 months.

Never start your baby on new foods before the age of 4 months, because new foods may lead to the onset of allergies.

After 6 months, milk alone is not enough to provide for all of your baby's dietary needs.

IS YOUR BABY READY TO EAT WITH A SPOON ?**OBSERVE YOUR BABY**

WHAT FOOD TO START WITH ?

Fruits or vegetables ? Either ! It's your choice.

What is important is to make the transition to new foods gradual and introduce one new food at a time.

Start with fruits and vegetables that you eat frequently. The baby will already be familiar with these foods from your pregnancy and your time breastfeeding.

YOUR BABY CAN EAT ALL TYPES OF FRUITS AND VEGETABLES.



HOW DO WE GIVE OUR BABY HIS FIRST SPOON ?

Little by little your baby will discover new smells, tastes, and textures with his first meals of puréed fruits and vegetables. This is also an occasion for the baby to start to discover a new way of eating.

Don't wait until your baby is too hungry.

Complete the meal with the milk your baby is used to.

Create a comfortable space for your baby.

Be patient.

Offer your baby some spoonfuls of new food.

At first, a few spoonfuls of the new food will be enough.

Thereafter, adapt the amount of food to the appetite of your baby. He knows how much food he needs.



If the baby eats less than 200g of solid food, it becomes necessary to complete the meal with the baby's milk. Milk is still the base nutrient of the baby's diet during the first year of life.

WHAT INGREDIENTS TO USE FOR THE MEALS WITH FRUITS ?



* This is an average amount. Respect the appetite of your baby.

Fruits

Vary seasonal fruits, fresh or frozen.
Try to use local fruit products as often as possible.
A variety or a mixture is fine.
Whichever you prefer.

Canned fruits contain more sugar, so do not offer them too often.

Be aware of the cores and seeds in fruits you give your baby.

Raw or cooked

The cooking of fruits aids digestion and reduces the risk of allergies.

Sugar

Sugar masks the natural flavor of food and accustoms your baby to the taste of sugar.

Honey

Honey can contain dangerous bacteria for babies, so avoid offering honey before the age of one year.



Cookies

Cookies are not recommended for babies. Your baby doesn't need cookies! Cookies contain too much sugar and fat and raise energy intake too much.

Children's cereals are also unnecessary. These can be introduced later in the form of oatmeal or in a meal containing fruit.

Yogurt and white cheese



Adding dairy products to a meal containing fruits is not recommended. These contain too much protein, and also too much added sugar. This includes dairy products made specifically for babies as well.



When purchasing food for your baby, choose the least processed products possible, such as frozen vegetables, which you can then prepare as you desire. Foods already prepared contain a large number of ingredients that hide the natural taste of the food. These types of products accommodate your child to eating sugar, salt, and grease. None of these are beneficial for your child's health.

WHAT INGREDIENTS TO USE FOR THE FIRST MEALS WITH VEGETABLES ?

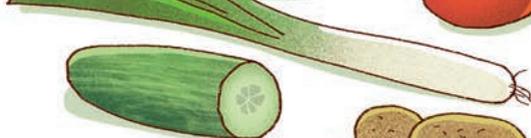
Meals of Vegetables

These meals should be prepared with* :

100 à 125 g of vegetables

100 à 125 g of starch

3 teaspoons of fatty materials



* This is an average amount.
Respect the appetite of your baby.

Vegetables

Vary seasonal vegetables, fresh and frozen.

Conserved vegetables contain salt, so do not offer them too often.

Starches

Different forms of starches are possible to give to your baby : potatoes, rice, pasta, semolina, millet, quinoa, sweet potatoes...



Starches contain gluten* and can therefore be introduced around the age of 6 months (pasta, semolina, bread, bulgur, wheat...).

Fatty Foods

After cooking, add some fatty material to the meal. Your baby needs fat to help him grow !



Varying between oil and butter is important. Every type of oil has a unique nutritional composition, so it is good to vary between different oils.

Colza and soy oils are rich in polyunsaturated fatty acids, such as omega 3. These are specifically important for brain development during infancy.

Spices

You can add herbs and mild spices to your child's food.



Adding salt or cubed broth is strongly discouraged.

* Gluten is a protein found in the following cereals: rye, barley, wheat, and oats.

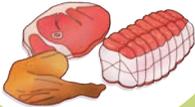
OUR BABY IS GROWING. WHAT FOOD SHOULD WE OFFER?

As your baby grows, his needs evolve to his stage of development. He will eat a meal of vegetables and a meal of fruits at around the age of 6 or 7 months. He still needs between 500 and 600 ml of breast milk or formula, divided into three doses. Milk stays the base nutrient all throughout the first year of life.

YOU CAN ADD

Meat

All types of meat must be well-cooked.



Eggs

Eggs can also be eaten if well-cooked.



10 à 15 grams (2 teaspoons)
meat, fish or egg.



x 2

Fish

Fish must also be well-cooked. Offer fish filets to avoid any presence of bones. Give preference to these types of fish : mackerel, salmon, sardines, and herring.

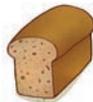


! Prepared meats (sausage, ham, ground beef, meatballs...) are too greasy and/or too salty, and often contain additives (colors, preservatives...). These should be avoided.

Bread

Bread can first be introduced in the form of porridge, made using the milk the child is used to.

Gradually, between the ages of 10 and 12 months, the child becomes able to chew small pieces of bread.



Follow-on Formula

Now is the time to change from infant's milk offer follow-on formula.



Consuming too much meat, introducing dairy products too early, and the consumption of cookies, and children's cereals offer too much protein. The excessive amount of protein can overexert the kidneys and lead to weight gain later on in childhood.

HOW DO WE PREPARE THE BABY'S MEALS ?

Be sure to prepare the meal on a clean surface.

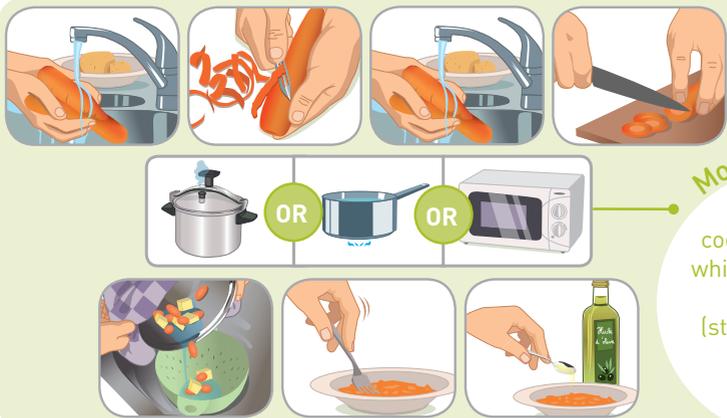


Wash your hands well with soap

Meal of fruit



Meal of vegetables



Modes of cooking

Prefer cooking methods which limit the use of grease (steamed, boiled, etc...).

Porridge with Milk

- Pour the infant's milk on a slice of plain bread.
- Let the bread soften before mashing with a fork until it reaches a suitable texture.



WHICH FOOD AT WHICH AGE ?



Caption



Baby eats them



Baby can eat them

med

Step by step towards food diversity



À DÉTACHER



ONCE PREPARED, HOW DO WE CONSERVE A MEAL ?

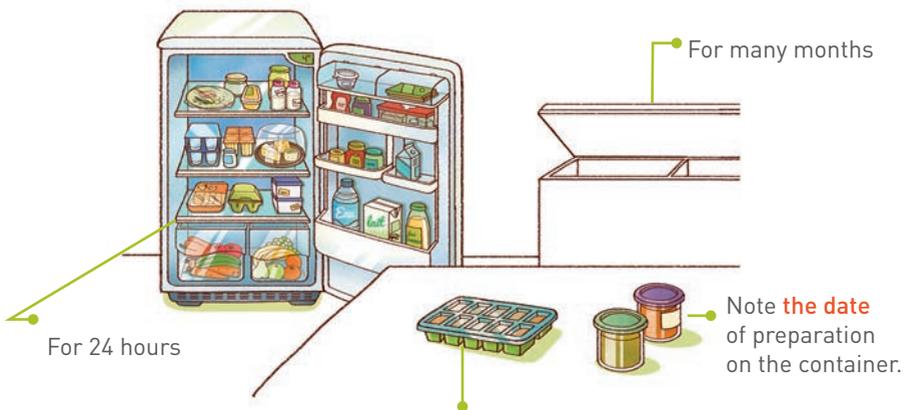
Conserving foods at room temperature is dangerous. Bacteria can flourish in food at this temperature and cause illness. After a rapid cooling, place the food in the refrigerator for a half hour.

i

To quickly cool your prepared meal you can :

- separate it into small portions and/or put it in cold water.

Length of conservation of the meal :



Using freezer-safe, small containers with lids to freeze small portions of vegetables, meat, and starches will allow you to respect the appetite of your child and to discover a variation of meal combinations.

Defrosting meals

Reheat frozen meals in a pan over low heat on the stove or in the microwave.

BLENDED, CRUSHED OR IN PIECES ?

The texture [blended, crushed, or in pieces] of food which you offer to your child will change as he grows and develops. It is especially important to consider the development of your child's teeth and prepare his food to an appropriate consistency.

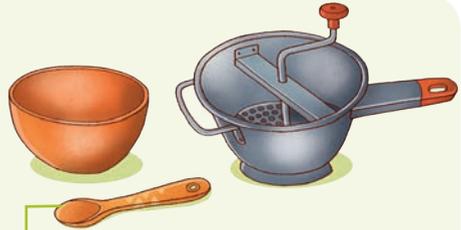


For children younger than 18 months old, pay close attention to the child's ability to chew, and present food in small pieces appropriately.

AROUND 6 MONTHS



Smooth, puréed mixture



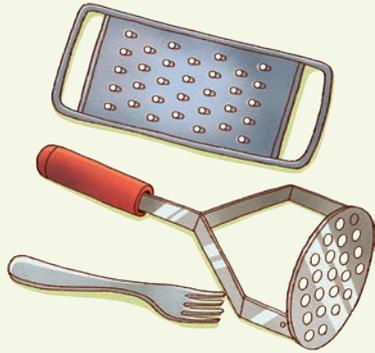
Use a soft spoon

AROUND 9 MONTHS

Mashed food



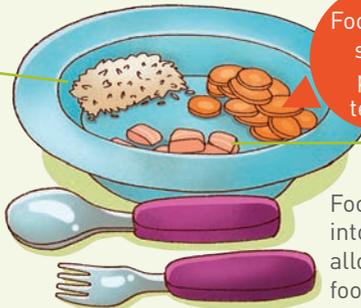
Use a rigid spoon that has been adapted to the size of the child's mouth



AROUND 13 MONTHS

Use a soup plate or a bowl that will allow the child to attempt to use a spoon himself.

The child can try to take pieces of food with his hands as well.



Foodstuffs small parts tender

Foods should be presented into separated, small pieces to allow the child to discover the food for himself.

WHAT WATER FOR YOUR BABY ?

Only natural water is appropriate for infants.

It is normal for the baby to only drink small quantities, as his diet is already very rich in water (fruits, milk, vegetables...).

In Practice

- Present at each meal a small quantity of tap or bottled water
- Give the water using a spoon or a glass
- Offer natural water to the infant from an early age

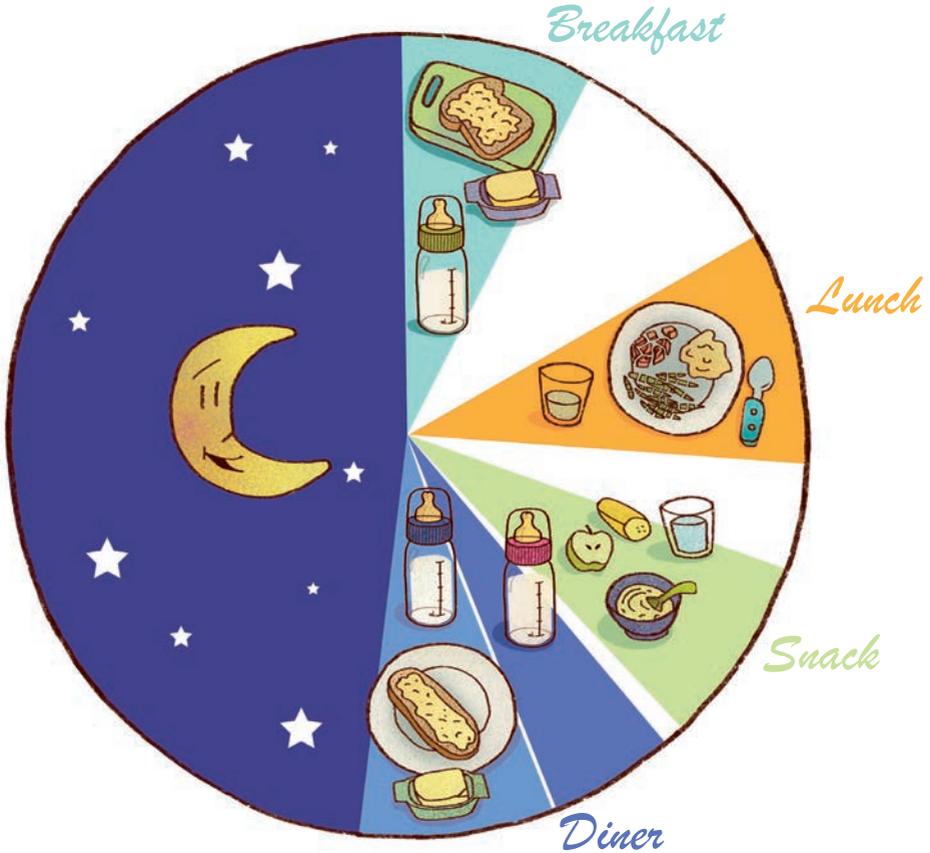


Flavored water, herbal tea, juice, and soda reinforce the attraction of the child to sugar and establish poor dietary habits. These types of beverages can have the following consequences: cavities, loss of appetite for regular meals, and weight gain.



EXAMPLE DAY OF FOOD FOR A ONE-YEAR-OLD

“ Adapt to your child’s schedule.
His schedule and his appetite are specific. ”



Every day :

- 3 x 200 ml of milk or 3 feedings
- Glass of natural water
- Starches 2 to 3 times daily
- Meat or fish 1 time daily
- Fruits and vegetables at least 2 times daily
- Fatty substances added to vegetables or bread



12 TO 18 MONTHS, WHAT FOOD CHANGES TO MAKE ?

Be sure to identify a clear schedule and eat together at the table regularly according to this schedule

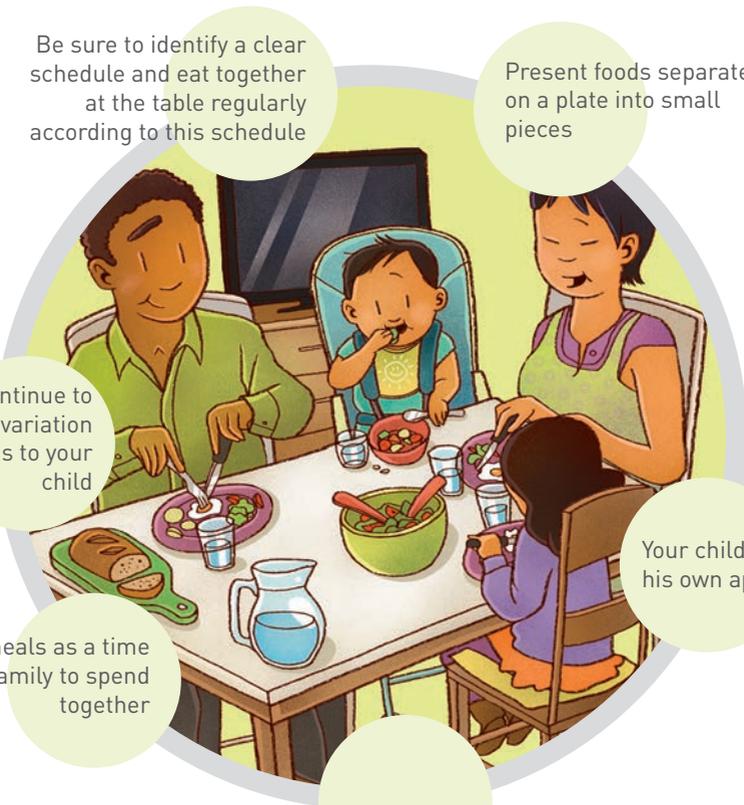
Present foods separated on a plate into small pieces

Continue to offer a variation of foods to your child

Your child knows his own appetite

Use meals as a time for the family to spend together

Offer him a spoon or let him use his hands, and he will come to eat independently



In eating together during meals, your baby will begin to imitate your actions, adopting new habits, and discovering new foods. As he begins to eat as you eat, he will meet his specific nutritional needs. The amount of starches needed will rise as the child gets older and become the base of every meal. Milk alone will no longer be enough to meet your child's nutritional needs for the morning and evening meals. Now you can begin to offer more bread, fruits, and vegetables to your child.

Milk

About 500 ml of milk.
Breast milk is always beneficial.
If infant formula is used, favor types with no added sugar or flavors.



Fruits and Vegetables

At least three times per day.
Fruit juice does not replace a serving of fruit because it does not contain as much fiber and contains too much added sugar.

Meat, Fish, Eggs

Once a day, between 15 and 20 grams (3 teaspoons).



x 3

Offer fish twice a week.

Dairy Products

At about 15 months, if you desire to introduce dairy products, reduce the amount of milk intake (400 ml).

These products should be chosen to meet the needs of fat and vitamins for the child (not low fat products).



Maximum once daily

Starches

3 to 4 times per day, with each meal.
Dry vegetables can also be offered, such as: lentils, chick peas, kidney beans, white beans, and red beans.



Fats

Varied types of oils can be added to meals containing vegetables, and butter can be added to bread.



x 2

Avoid lightened fatty substances.

TRUE / FALSE

In my recipe for porridge, I can replace the bread with instant flour for babies.



The choice is vast. It is preferable to avoid biscuits rich in flour because they contain many of the same unnecessary products as cookies for babies (added sugar and bad fats). Also avoid flavored ingredients (vanilla,...) which mask the original flavor of food and also contain a lot of added sugar. Choose instead a cereal with no added sugar or flavors.

While on the go, commercial baby food meals are a good alternative to meals prepared at home.



If it has not already been opened, baby food can be transported at room temperature, which is not the case for meals prepared at home (which would need to be transported in a thermal sack or with a refrigerator pack). The nutritional composition of prepackaged baby food must meet strict legislation laws, and is therefore suitable and safe for children to eat. Nevertheless, it is important to add one or two spoonfuls of oil into vegetable baby food to assure that there is enough fatty material to meet the child's nutritional needs. The main inconvenience with commercial baby foods is that their taste accustoms the baby to the taste of industrialized, pre-prepared meals, which he comes to like.

I should buy kitchenware made for infants ?



The cutlery needs to be adapted to your child's psychomotor stage. Choose a softer spoon for babies that are still teething, and a larger, more rigid spoon for infants slightly older. For dishes, use a soup plate or a bowl which will allow the baby to try to feed himself.

Glass kitchenware is preferred over plastic kitchenware.



Plastic kitchen materials can allow substances to pass into the food and contaminate it. Dishes should be BPA-free and free of printed designs. Before buying plastic dishes, it is important to verify the proper use of such dishes  and whether they can be safely used in the dishwasher , microwave , and/or freezer .

We are vegetarians and we don't want to give our baby meat, because he doesn't need it at that age anyway.



A vegetarian diet does not carry a risk for a nursing infant as long as his diet remains diverse and he continues to benefit from breast milk or infant formula. At this age, proteins and iron are taken by the milk suitable to their age (breast milk or formula). The introduction of new foods like fish and eggs are a good alternative to meet the nutritional needs of a child on a vegetarian diet plan. Vegetarian substitutes, like tofu, seitan, or quorn, are not recommended for children younger than one year due to industrial manufacturing of these products. However, a vegan diet (the removal of all products of animal origin) is not appropriate for babies, because it poses specific risks to the child's good health. This type of diet may risk a deficiency of iron, calcium, vitamin D, vitamin B12, and essential amino acids.

Despite certain contaminants found in fish (ex : mercury), consumption remains important to stay healthy.



The consumption of fish is recommended for its richness in omega 3 and iodine. We generally do not consume enough of these two nutrients, which help our bodies function properly. For these reasons, specialists recommend that children eat fish twice weekly. For children younger than three years old, avoid preparing these types of fish : swordfish, shark, marlin, siki, lamprey, carp, eel, catfish, bream and barbel.

LES POINTS PRIORITAIRES

1

Breastfeeding offers the best nutrition for your baby.

2

Feed the baby to his needs during the first months.

3

Give a daily supplement of vitamin D.

4

Begin to gradually introduce nutrients other than milk between 5 and 7 months.

5

Introduce gluten into diet at around the age of 6 months.

6

After the gradual transition to new food, maintain at least 5 meals per day.

7

Continue to give infant formula until the child reaches 18 months old.

8

Avoid too much food with excessive amounts of protein.

9

Offer enough foods rich in fats.

10

Make meal times an important part of the day for the family relationship.

-9 months
-8 months
-7 months
-6 months
-5 months
-4 months
-3 months
-2 months
-1 months
0 years
1 year
2 years
3 years
4 years
5 years
6 years
7 years
8 years
9 years
10 years
11 years
12 years
13 years
14 years
15 years

Anglais

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