

0-4 months

Breast milk or formula

4-6 months

Breast milk or formula

Start to introduce small amounts of vegetables, cereals

6-8 months

Breast milk or formula or gruel or cereals

Complete meal (potatoes, meat, vegetables, fruit, berries)

Cow's milk can be used in cooking, but not as a beverage

8-12 months

Two cooked meals a day

From 10-12 months of age milk as a beverage

1-2 years

Regular food

No low-fat products and/or high-fibre foods

Vitamin D supplement

5 drops every day (400 IE/day)

All children from 1 month up to at least 2 years of age

Low intake/sun exposure may need suppl. till school age

Salt intake

No extra salt added to food for children below 1 year

Food items *not suitable* for children below 1 year

Spinach, mangold, and beetroot – high levels of nitrate

Honey – may contain C. Botulinum spores