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| **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 |