

Mealtime structure for baby

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The beginning of nutritional diversification

- Highly recommended from 6 months of age. Up until 6 months of age, baby's nutritional needs are covered by maternal milk or formula milk.
- For the first two weeks of diversification, vegetables in small quantities
- The 1 smooth pureed fruit at lunchtime or afternoon snack
- 1 teaspoon of cereals with gluten / day (important to introduce as from 6 months of age)

Morning: milk

Lunchtime *Mixed vegetables served with a spoon or in a bottle +/- 1 fruit*

Afternoon snack: *milk + fruit +/- cereal product (teaspoon of cereal with gluten for example)*

Dinner: *milk + vegetable*

7-8 months:

- Baby starts to have additional needs which are no longer covered by milk, which must however still remain the staple of baby's diet.
- Introduction of meat: 10g MAX/day (therefore if meat is served at lunchtime, then it is not in the evening and vice versa)
- Introduction of raw fat 1 teaspoon/meal
- At least 500 ml milk or equivalent
- Beyond 6 months of age, the ideal rhythm is 4 meals per day: breakfast, lunch, snack and dinner.

Morning: 1 bottle

Lunchtime: pureed vegetables + starch + meat + dairy product or fruit

Afternoon snack: *bottle or dairy product + pureed fruit +/- cereal product*

Dinner: *bottle (or failing that a dairy product) and soup (+/- starch) + fruit*

9-12 months:

- 500 ml minimum milk/day, and not more than 800 ml after 1 year of age otherwise too much protein
- 20 gr meat if 20 gr meat is served at lunchtime, not in the evening and vice versa, otherwise divide the quantity by 2: 10 gr lunchtime and 10 gr dinnertime

Morning: 1 bottle

Lunchtime: pureed vegetables/starch + meat, fish or egg + fruit

Afternoon snack: *dairy product or bottle + fruit +/- cereal product (eg: bread crust)*

Dinner: *milk (bottle or dairy product) + vegetables/starch + fruit*

>1 year of age:

- Introduce raw vegetables
- 30 gr meat, namely 1/2 egg

Morning: bottle + bread (+/- butter and jam) or low-sugar cereals + fruit

Lunchtime: *raw or cooked vegetables + starch or bread + meat, fish or egg + raw fat + fruit or dairy product*

Afternoon snack: bottle or dairy product or cheese + fruit and/or bread

Dinner: *vegetables + starch + dairy product or bottle + pureed fruit*