

Food for babies and small children

Age	Eating method	Meals and types of food	Food suggestions
0- (4) 6 months	From breast or bottle	Breast milk and/or formula (breast milk substitute) as needed	Breast milk and/or formula
It should be the child's development and readiness that determine the introduction of weaning foods. Weaning foods should not be introduced before the child is four months old, but they have to be introduced before the age of seven months			
(4) 5- 6 months	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. Add 1 teaspoon of fat (vegetable oil/butter) to each portion of homemade food.
6 - 9 months	More solid and lumpy foods. Drinking from a cup. Getting used to eating bread 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 and rye (øllebrød). 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 beets and fennel. Add 1 teaspoon of fat to each portion of homemade food. 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: only small amounts. Drinks: water or formula in a cup.
9 -12 months	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 in small amounts. 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"

Recipe

Cereal

1½ dl cold water
¼-½ dl rice flour, corn flour or grits
½ dl formula
1 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.

"Øllebrød"

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.

Oatmeal porridge

1½ dl formula
1 dl cold water
¾ dl oatmeal
1 tsp. fat

Bring formula, 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 pour to cool before serving.

Meatballs

Stir ground meat with a bit of flour, water and formula.

Form into small meatballs and boil in water for 5-10 minutes. Do not use ready-made meat mix with salt and cowmilk.

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 recommendations

- Serve food for baby according to age, and advance slowly.
- Serve small portions, and let baby be part of the family gathering for meals as early as possible.
- Create a pleasant atmosphere at mealtimes 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.
- Children younger than 3 years should never be fed food that might cause suffocating, and should always be watched by adults while eating.

