

# Meal plan

## 0-4 months

**Development:** The child has a searching, sucking and swallowing reflex.

**Way of eating:** Breast and/or bottle.

**Nutrician:** Breast milk and/or breast milk formula.

**Vitamin D:** \*See fact box on the back

## 4-6 months

**Development:** The child can move the tongue backwards and the child can start drinking from a cup.

The child is ready for food other than milk when the child shows interest, follows the food with the eyes and has good head control.

**Way of eating:** Breast and/or bottle. Spoon and cup.

**Nutrician:** Possibly Porridge/mash 0-2 times a day, prepared from corn, millet, buckwheat, oatmeal etc. Mash prepared from boiled potatoes and vegetables. Fruit puree prepared from all kinds of fruit – cooked or soft fresh fruit.

(\* see recipes on the back in green box)

## 6-7 months

**Development:** The child can take sips from a cup. The child can sit briefly in a high chair. The child practices using the tongue and jaws to chew with.

**Way of eating:** Breast and/or bottle. Drinks from a cup, eats with a spoon, small fork, and fingers.

**Nutrician:** The child must start with food. 2 to later 4 meals a day, which are based on the family's food. The child's food is served progressively coarser:

- Porridge, different types.
- Meat, poultry or fish every day
- All vegetables/fruits cooked and pureed or cut into small pieces.

• ½ hard-boiled egg per week

• Breast milk and/or formula

**\*see yellow fact box on the back**

## 7-8 Months

**Development:** The child can move the tongue from side to side and chew. The child can sit stably in a high chair.

**Way of eating:** Breast and/or bottle. Drinks from a cup, eats with a spoon, small fork, and fingers.

**Nutrician:** The same as at 6-7 months. 3-4 meals a day, now included;

- Coarse bread without visible kernels, preferably rye bread with soft toppings
- Breast milk and/or Breast milk substitute

## 9-12 Months

**Development:** The child can hold a cup with both hands. The child can start biting off the food and is good at chewing.

**Way of eating:** the child eats himself with his fingers or practices with a spoon/fork. The child practices drinking from a cup.

**Nutrician:** The child eats the family's food, adapted in taste and texture. 5-6 meals daily. Same food as at 6-8 months, now including;

- Cow's milk/fermented milk products max 1dl daily.
- Breast milk/breast milk substitute 5-7.5 dl daily and towards the 12 months, 3.5-5 dl daily.

D-vitamin drops	
When	2 weeks until 4 years
Amount	10 microgram a day

**ATTENTION!**

Only infants who consume 800 ml or more daily of formula with 1.3 micrograms of vitamin D per 100 ml or more, must not have vitamin D supplements.

**Pay attention to the following foods:**

- Do not give porridge prepared with rice every day due to the arsenic content. Avoid rice biscuits.
- Do not give nitrate-containing vegetables such as spinach, beetroot, celery and fennel before 6 months and limit it until the baby reaches 1 year of age (1/10 of the meal or every 14 days).
- Cinnamon may only be given to a limited extent and mixed with sugar due to the content of coumarin.
- Do not give the baby large predatory fish such as tuna (also canned fish), shark, pike, halibut, swordfish, perch, walleye, escolar, Ray fish or oil fish before the age of 3 due to the high content of mercury.
- Do not give honey to baby's under 1 year.
- Do not give whole nuts, peanuts, popcorn, raw carrots or similar before the child is 3 years, however, depending on the baby's developmental step and ability to chew the food.
- Limit raisins until 3 years of age (max 50 g per week).
- Teach the baby that drinking water is good. Juice contain sugar and acid and can easily take the place for real food and damage the teeth.
- Soda, pre-made smoothies, cocoa milk, candy, ice cream and cakes are not recommended for young children.

**Milkproducts for kids**

1-2 years	Buttermilk and low-fat milk products. The total amount of milk and milk products amounts to 3.5-5 dl daily. There should also be room for regular food.
From 2 years	Low fat milk types, fx. skimmed, mini- and buttermilk and yogurt-products of the same kind. Milk products with high protein content such as skyr, fromage frais, ymer, ylette and cottage cheese can be included in the food.

**Suggestions for first meal**

**Thin porridge:**

¼ dl corn, millet, rice or buckwheat flour

1 dl water

½ teaspoon. fat (oil, butter, blend product)

1 dl premixed infant formula

1 tbsp. Fruit mash of, for example, boiled pear or apple.

- Bring flour and water in a saucepan. Whip it together and let it boil for 2 - 3 minutes while still whipping.
- Remove the pot from the heat and stir the fat and breast milk in the crop.
- Add any little fruit mash to the porridge before serving.

**Suggestions for first meal**

**Mash of potato and carrot:**

1 carrot, approx. 75 g.

1-2 potatoes, approx. 125 g.

1-2 dl water

1 tsp. fat (oil, butter, mixture product)

½ dl ready-mixed infant formula

Peel the potatoes and carrot and cut into smaller pieces. Boil for approx. 12 – 15 min.

Pour off the cooking water and save it for later.

Mash potatoes and carrot carefully with a fork.

Whip milk and fat in. Add a little of the boiling water if the mash is too thick.

<https://www.sst.dk/-/media/Udgivelser/2020/Mad-til-smaa---fra-maelk-til-familiens-mad.ashxm>



Read more about the baby's first food and get more ideas for recipes in the book "Mad til små" published by the Danish Health Authority.

Explore the book here:

Sundhedsplejen.assens.dk