

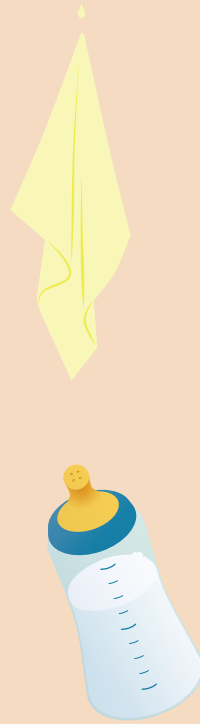


Feeding infants

months

1 Breast milk (or infant formula)

- 2 - In the first 4-6 months, your child will only need milk. Breast milk is best, as breast-feeding is good for both mother and child.
- 3 - If you are not breastfeeding, use shop-bought infant formula.



months

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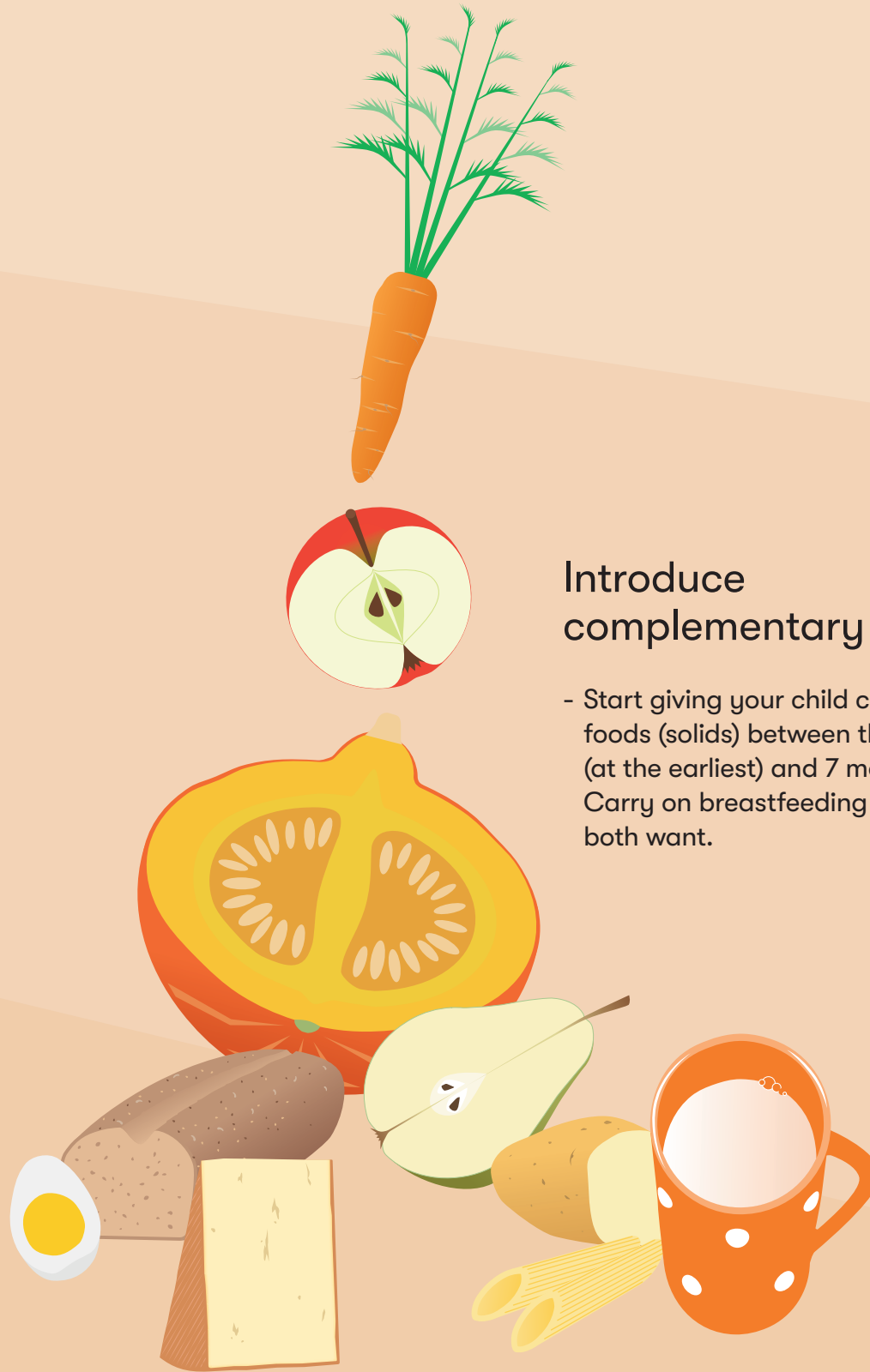
11 Transition to family meals

- 12 - Begin the transition to family meals sometime around the end of the first year.

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Introduce complementary foods

- Start giving your child complementary foods (solids) between the ages of 5 months (at the earliest) and 7 months (at the latest). Carry on breastfeeding for as long as you both want.

Important:

1. Make sure you are getting enough iodine in your diet if you are breastfeeding. If your iodine levels are good, your child will also get enough through your breast milk. Good sources of iodine are iodised and fluoridated table salt and dishes containing it. Fish, cheese and eggs are other sources of iodine.
2. If you are not breastfeeding you can give your child infant formula throughout their first year. There is no benefit in changing over to follow-on formula.
3. Mix 1 tablespoon of rapeseed oil a day into your child's food as a supplement. Avoid salt and sugar. Do not add seasonings containing salt or any honey/other sweeteners to complementary foods.
4. It is best to start complementary feeding by offering a single food. Then you can slowly increase the amounts you offer and add other foods.
5. Start giving your child foods containing gluten and fish in their first year. Not giving your child these foods will not protect them from allergies.
6. Do not give your child any cheese or quark in their first year. Shop-bought yoghurt and milk should only be used in small quantities, for example to make porridge for infants old enough to start on solids.
7. Give your child a daily vitamin D supplement in the form of drops. Starting when the first baby tooth appears, brush your child's teeth using children's toothpaste with fluoride.

Feeding young children

For a healthy diet, children need:

Lots of unsweetened drinks and plant-based foods

Give your child

- Water and unsweetened fruit/herbal teas to drink
- Vegetables and fruit at every main meal and snack
- Potatoes, bread, cereals, pasta, rice, polenta, lentils, chickpeas and the like to fill them up

Small amounts of fatty and sugary foods

Give your child

- 2-3 teaspoons of vegetable oil a day – at least half of this in the form of rapeseed oil
- 1 teaspoon of ground nuts a day
- Small quantities only of sweets, sweetened breakfast cereals, soft drinks and salty snacks

Important:

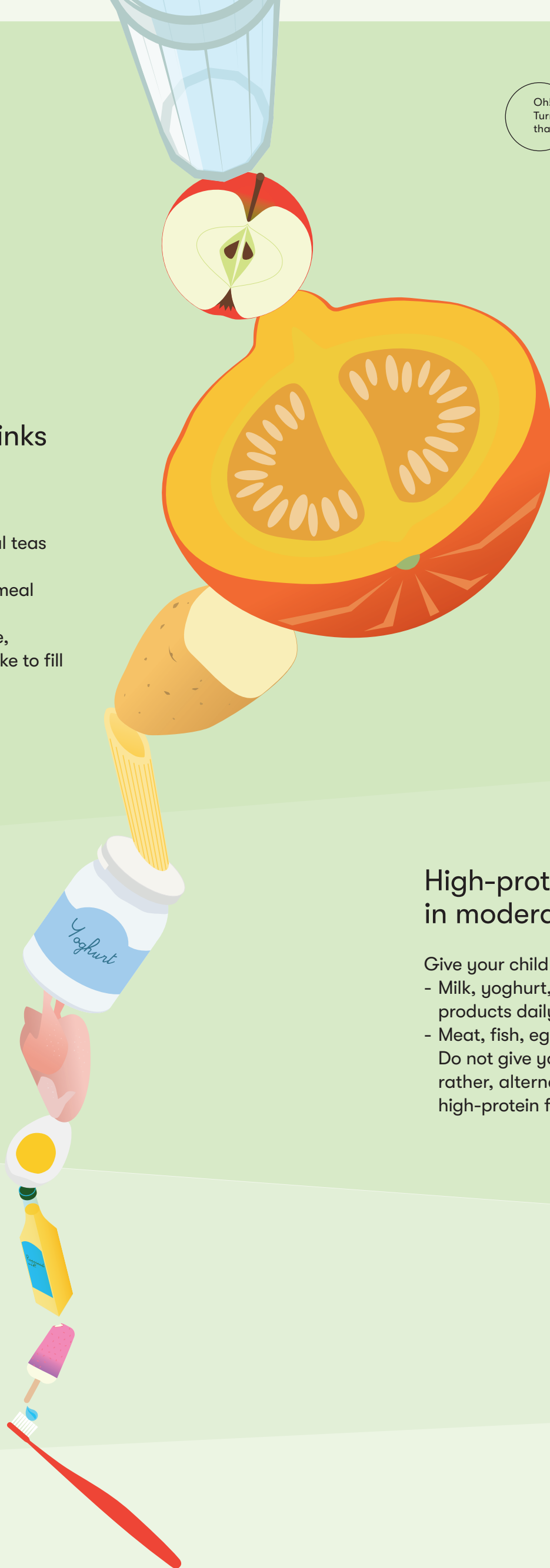
1. Eat together as a family as often as you can. Don't rush through meals.
2. Don't let yourself be distracted by your smartphone, the television or the newspaper during meals.
3. You decide what goes on the table. Your child decides how much they will eat. Do not force your child to clear their plate.
4. Children often need to try unfamiliar foods a number of times before they will accept them.
5. Do not use food to comfort, reward or punish your child.
6. Let your child help out with food shopping and preparing meals.
7. There is no need to give special children's foods.
8. Make sure you have a balanced diet and enjoy your food too. This will set a good example for your child.
9. Use iodised and fluoridated table salt and children's toothpaste with fluoride.
10. Make sure your child can get active outdoors every day.
11. Give your child vitamin D drops if their exposure to sunlight is low, if you are using sun cream with high sun protection factor, or if they have a chronic condition.



Albanisch, Arabisch, Deutsch, **Englisch**, Französisch, Italienisch, Portugiesisch, Türkisch

albanais, allemand, **anglais**, arabe, français, italien, portugais, turc

albanese, arabo, tedesco, francese, **inglese**, italiano, portoghese, turco



High-protein foods in moderation

Give your child

- Milk, yoghurt, cheese and other dairy products daily
- Meat, fish, eggs and tofu in small quantities. Do not give your child meat every day; rather, alternate between the different high-protein foods.