


B a b y f o o d



Age	Developmental stage	Way of eating	Food suggestions	Vitamins and Minerals
0-4 Months	Baby has a sucking reflex from birth, that enables him or her to latch on to mummy's breast or a bottle.	Breastmilk or formula	<ul style="list-style-type: none"> Breastmilk is fully recommended until the baby is 6 months. Alternatively formula can be given as full nutrition until the baby is 6 months. Babies prone to allergies, in need of formula, should be given highly hydrolyzed formula ex. Profylac, Nutramigen or Pepticate 	<p>Sundhedsstyrelsens recommendations: D-vitamin drops 10 micrograms daily from the age of 14 days to the age of 4 years. Children + 4 years should continue D-vitamins during winter season (from October to April)</p> <p>Babies getting +800 ml of formula daily containing 1,3 micrograms DOES NOT need D-vitamin drops.</p> <p>All children with dark pigmented skin should be getting D-vitamins all year round during childhood.</p> <p>Salt: Omit added salt to baby's first solid foods.</p> <p>Iron supplements: None. For premature babies and babies with low birthweight (<2500g) there are special recommendations.</p> <p>Food containing iron can be given with food containing C-vitamin to increase the iron absorption.</p>
4-6 Months	<p>The baby's developmental stage determines, when he or she is ready to eat solid foods.</p> <p>Keep an eye out for:</p> <ul style="list-style-type: none"> Does the baby show interest for the food on the parents' plates. Does he or she open the mouth, leads the tongue back or make loud chewing noises. Does he or she lean forward, does he or she hold his or her head and is he or she able to turn away if food is not wanted. If sleep patterns are changing at night and mels are more frequent <p>Have your baby sit on your lap or in a highchair with supported back and sides with optimal opportunity for eye contact and reading of facial expressions between parent and baby.</p>	<p>Breastmilk or formula.</p> <p>Solid foods can be given as a runny porridge or mash without lumps. Primarily as a taster and a sensory experience, shared between baby and parent.</p> <p>The size of each meal is regulated by the baby and may vary from meal to meal.</p> <p>Water is to be given with each meal in a small cup or glass. At 4 months water can be taken from the cold tap.</p>	<ul style="list-style-type: none"> Solid foods might be: <ul style="list-style-type: none"> Porridge of corn, millet, buckwheat or rice (rice max x 2 weekly), oats, rye (øllebrød) Vegetable mash from potatoes, carrots, cauliflower or broccoli. And later small amounts of mashed fruits; banana, apple, pear or avocado. Add 1 teaspoon of butter or vegetable oil and breastmilk or formula to homemade porridge and, until the baby is 1 year old. Recipe for porridge: 1/4 dl. corn-, millet-, buckwheat-, oats- eller rice flour 1 dl. water 1/2 tsk. fat (butter or vegetable oil) 1 dl. Breastmilk or formula Add flour and water to a small pan, whisk and bring to boil for 2-3 minutes. Remove the pan from the heat and whisk in fat and breastmilk or formula. Pour the porridge onto a large plate, for it to cool down fast for the baby to eat, then serve. Recipe for vegetable mash: 125g potatoes 75g other vegetables (fx carrot, broccoli, parsnip, sweet potato) 1-2dl. water 1 tsk. fat (butter or vegetable oil) 1/2 dl. Breastmilk or formula Put potatoes and vegetables cut into small pieces into a small pan, bring to boil for 12 to 15 minutes. Drain and mash with a fork. Add fat and breastmilk or formula. Whisk through to eliminate lumps, cool, then serve. 	

<p>6-9 Months</p>	<p>The baby sits at the table with the rest of the family.</p> <p>Use a spoon to feed the baby.</p> <p>The baby is under supervision at all times.</p> <p>The baby can and may sit with support during the meal.</p> <p>The baby develops his or her sensorymotor skills by using a spoon by itself. Being allowed to play with food and feel the different textures also aids this development.</p>	<p>Make the food gradually more lumpy and more varied.</p> <p>At 8 months the baby may be able to chew well and may be able to eat fresh, soft ryebread cut into small squares.</p> <p>Hard vegetables should be boiled soft and grapes cut lengthwise.</p>	<ul style="list-style-type: none"> Continued breastfeeding or formula. Approx. $\frac{3}{4}$ l. is needed, decreasing to 500ml. pr. day. Vegetablemash made from all types of veg. Fruitmash from all types of fruits - boiled or raw. Minced meat chicken, beef, turkey, pork, lamb, veal, fish (minus predatory fish like tuna) and offal (heart, liver, kidneys etc.) Bread without seeds. Soft spreads like hummus, avocado or creamy peanutbutter. Hardboiled egg, rice, pasta, beans and lentils occasionally from the age of 8 months. 	<p>Sugar provides empty calories but no nutrients. It is recommended the baby and toddlers food contains no added sugar.</p>
<p>9-12 Months</p>	<p>The baby can eat more and more like the parents – food items age appropriate and still under supervision.</p>  <p>Whilst learning to eat, there will be food everywhere. This is normal during practice. After the meal the baby and surroundings can be cleaned.</p>	<p>The baby practices drinking from a cup or glass and eating with his or her fingers - maybe later on, with a spoon or fork.</p>	<ul style="list-style-type: none"> Breastmilk or formula; the daily amount decreasing to 350 - 500 ml. Continually breastfeeding according to the baby's need. Included in the daily amount. Low protein Yoghurts from fullfat-milk (sødmælksyoghurt, A38 og tykmælk) can be given in small amounts from 9 months. Add breastmilk or formula and fat to homemade foods until the baby reaches 12 months. The baby may eat food items containing cows milk, like sauces or lasagna with bechamelsauce. Raw, hard food items like carrotsticks, apple/pearslices, nuts, popcorn etc. can be given to the baby after the age of 3. 	
<p>1-3 years</p>	<p>From the age of 1, the baby may eat foods like the rest of the family - healthy and varied.</p> <p>From the age of 1 introduce Cows milk from a cup. Semi-skimmed milk from 1-2 years, skimmed-, mini- or buttermilk from 2 years and on + high protein yoghurts like skyr, fromage frais, ymer and ylette. Daily amount of dairy is approx. 350ml to max. 500 ml.</p> <p>The toddler does no longer need added extra fats.</p> <p>Thirst is best quenched with water.</p> <p>For more info: Sundhedsstyrelsens bog: "Mad til Små - fra mælk til familiens mad" 2019. www.sst.dk</p> <p>For instructions on first aid; see the above book at page 20.</p>			