

Suggestions on introducing foods

	Around 6 months	From 7 to 9 months
Grain Products	<p>Step 1</p> <ul style="list-style-type: none"> □ Baby cereal: <ul style="list-style-type: none"> ○ Rice ○ Barley 	<ul style="list-style-type: none"> □ Baby cereal: <ul style="list-style-type: none"> ○ Mixed ○ Soy
Vegetables and Fruit	<ul style="list-style-type: none"> □ Cooked vegetables, smooth purée: <ul style="list-style-type: none"> ○ Carrot ○ Squash, Zucchini ○ Beans, yellow and green ○ Sweet potato □ Fruit, smooth purée: <ul style="list-style-type: none"> ○ Banana ○ Peach ○ Pear ○ Apple 	<ul style="list-style-type: none"> □ Cooked vegetables, thicker purée: <ul style="list-style-type: none"> ○ Asparagus ○ Avocado ○ Broccoli ○ Cauliflower □ Fruit, thicker purée: <ul style="list-style-type: none"> ○ Brussels sprouts ○ Corn ○ Green peas ○ Potatoes ○ Apricot ○ Pineapple ○ Clementine ○ Nectarine ○ Orange ○ Grapefruit ○ Plum □ Unsweetened juice
Meat and Alternatives	<p>Step 3</p> <ul style="list-style-type: none"> □ Meat, smooth purée: <ul style="list-style-type: none"> ○ Lamb □ Poultry, smooth purée: <ul style="list-style-type: none"> ○ Turkey ○ Chicken 	<ul style="list-style-type: none"> □ Meat and liver: <ul style="list-style-type: none"> ○ Beef ○ Game ○ Pork ○ Liver □ Egg yolk □ Fish, some examples: <ul style="list-style-type: none"> ○ Haddock ○ Cod ○ Plaice (sole) ○ Salmon ○ Rainbow smelt ○ Brook trout and other trout □ Variety of legumes: <ul style="list-style-type: none"> ○ Dried beans ○ Lentils ○ Chickpeas ○ Tofu, firm



Suggestions on introducing foods

	From 9 to 12 months	From 1 to 2 years
Grain Products	<ul style="list-style-type: none"> ❑ Baby cereal ❑ Variety of grain products: <ul style="list-style-type: none"> ○ Hot cereal, oatmeal ○ Couscous, millet, barley, quinoa ○ Unsalted crackers ○ Toasted or dried bread, pita, chapatti, tortilla ○ Pasta ○ Short grain sticky rice 	<ul style="list-style-type: none"> ❑ Baby cereal ❑ Ready-to-eat cereal ❑ All kinds of grain products
Vegetables and Fruit	<ul style="list-style-type: none"> ❑ Variety of soft-cooked vegetables ❑ Variety of peeled fruits, soft or strained: <ul style="list-style-type: none"> ○ Cantaloupe, melon, ○ Chopped seedless grapes and pitted cherries ❑ Pureed berries: <ul style="list-style-type: none"> ○ Blueberries ❑ Mashed berries: <ul style="list-style-type: none"> ○ Strawberries ○ Raspberries ○ Blackberries 	<ul style="list-style-type: none"> ❑ All kinds of cooked or raw soft and cut into strips ❑ All kinds of peeled fruit, diced
Meat and Alternatives		<ul style="list-style-type: none"> ❑ Peanut, almond or other nut butter (creamy) ❑ Seafood: <ul style="list-style-type: none"> ○ Shrimp ○ Lobster ○ Scallops ❑ Fish: <ul style="list-style-type: none"> ○ Pollock ❑ Egg: <ul style="list-style-type: none"> ○ White
Milk and Alternatives	<ul style="list-style-type: none"> ❑ Cow's milk (3.25% M.F.*) ❑ Yogurt, kefir ❑ Mild firm cheese, in strips ❑ Fresh cheese: <ul style="list-style-type: none"> ○ Cottage ○ Quark ○ Ricotta 	<ul style="list-style-type: none"> ❑ Variety of cheeses ❑ Fresh cheese with fruit ❑ Frozen yogurt or ice cream ❑ Milk-based desserts

*See Other types of milk on page 311.

Suggested daily serving sizes

	Around 6 months	From 7 to 9 months
Grain Products	<p>1 to 2 servings</p> <ul style="list-style-type: none"> – Start with 3 to 5 ml of dry baby cereal per serving – Gradually increase to 15 ml per serving 	<p>Gradually increase to:</p> <ul style="list-style-type: none"> – between 125 ml and 175 ml of dry baby cereal per day around 9 months
Vegetables	<p>2 servings</p> <ul style="list-style-type: none"> – Start with 3 to 5 ml per serving – Gradually increase to 15 ml per serving 	<p>2 servings</p> <ul style="list-style-type: none"> – 15 to 20 ml per serving
Fruit	<p>2 servings</p> <ul style="list-style-type: none"> – Start with 3 to 5 ml per serving – Gradually increase to 15 ml per serving 	<p>2 servings</p> <ul style="list-style-type: none"> – 15 to 20 ml per serving (Juice: max. 60 to 90 ml daily)
Meat and Alternatives	<p>1 serving</p> <ul style="list-style-type: none"> – Start with 3 to 5 ml – Gradually increase to 15 ml 	<p>1 serving</p> <ul style="list-style-type: none"> – 15 to 20 ml meat, poultry, fish – 30 to 50 ml legumes – 20 to 30 g firm tofu – 5 ml to 1 whole egg yolk

3 ml = ½ tsp. 15 ml = 1 tbsp. 30 ml = 2 tbsp. 125 ml = ½ cup | 15 g = ½ oz 50 g = 1 ½ oz
 5 ml = 1 tsp. 20 ml = 1 ½ tbsp. 50 ml = 3 ½ tbsp. 175 ml = ¾ cup | 30 g = 1 oz 75 g = 2 ½ oz

Suggested daily serving sizes

	From 9 to 12 months	From 1 to 2 years
Grain Products	<p>1 serving of baby cereal – 125 to 175 ml of dry baby cereal</p> <p>2 servings of other grain products may be added – 30 ml pasta per serving – 30 ml hot cereal per serving – A few bites of cracker or toast per serving</p>	<p>1 serving of baby cereal – 125 to 175 ml of dry baby cereal</p> <p>2 servings of other grain products may be added – ½ slice of bread per serving – ¼ bagel or flatbread per serving (pita, tortilla) – 75 ml rice, bulgur, quinoa or hot cereal per serving – 20 g cold, ready-to-eat cereal per serving – 75 ml pasta per serving</p>
Vegetables	<p>2 servings – 30 to 50 ml per serving</p>	<p>2 to 3 servings – 50 ml to 75 ml per serving</p>
Fruit	<p>2 servings – 30 to 50 ml per serving (Juice: max. 60 to 90 ml daily)</p>	<p>2 to 3 servings – 50 ml to 75 ml per serving – ¼ to ½ fruit per serving (Juice: max. 125 ml daily)</p>
Meat and Alternatives	<p>2 servings – 15 to 30 ml meat, poultry, fish per serving – 50 ml legumes per serving – 30 g firm tofu per serving – 1 egg yolk per serving</p>	<p>2 to 3 servings – 30 to 45 ml meat, poultry or fish per serving – 50 to 75 ml legumes per serving – 50 g to 75 g firm tofu per serving – 1 egg per serving – 15 ml nut butter per serving</p>
Milk and Alternatives	<p>Milk: 750 to 900 ml per day Milk can be reduced by about 250 ml and replaced with 2 servings of alternatives. – 75 ml yogurt per serving – 30 to 60 ml cottage cheese, quark or ricotta per serving – 15 g firm cheese per serving</p>	<p>Milk: 600 to 720 ml per day up to 1 year / 500 ml around age 2. 2 servings of alternatives may be added: – 100 g or ml yogurt or kefir per serving – 40 to 60 ml cottage cheese, quark or ricotta per serving – 15 to 20 g cheese per serving – 30 to 60 g fresh cheese with fruit per serving</p>