

Diet plan - Engelsk

0 - 6 months

Breast Milk or Formula

Vitamin D drops from 14 days to 4 years of age

All adults and children from 4 years of age are advised to take a daily supplement of 5-10 µg of Vitamin D during the winter months (October to April).

Important if the baby is only being fed formula:

If, each day, your child gets 800 ml or more of formula containing 1.3 µ (micrograms) of Vitamin D or more per 100 ml. of ready-mixed formula, we recommend suspending the use of Vitamin D drops until the baby gets less than 800 ml.

If, as the baby eats more food, he or she later drinks less than 800 ml of formula with 1.3 µ of Vitamin D. per 100 ml or more daily, you must resume the daily Vitamin D supplement in accordance with the Danish Health Authority's recommendations.



www.sundhedstjenesten-egedal.dk

www.altomkost.dk

www.sst.dk → Food for infants – from milk to family food

4 - 6 months

Breast milk or infant formulae.

Introduction to spoon feeding as needed:

Porridge

Porridge from e.g. corn, rice, buckwheat, millet, oats and boiled rye bread can be given.

Do not give rice-based porridge every day.

Products containing gluten are used increasingly.

Vary between different kinds of porridge.

Vegetables

Mash prepared from boiled potatoes, carrots, broccoli, cauli-flower, parsley root or parsnip, courgettes or peas.

Fat and formulae should be added to home-made porridge and mash, until the child is 1 year.

Fruit

Apples, pears, bananas and peaches can be given, as well as melons and berries in small amounts.

Fruit is given as sauce – fresh or boiled.

Used on porridge and/or after a vegetable meal.

Do not add salt to the child's food the first year.

Do not give honey during the child's first year.

Give un-boiled water in a cup with the meals.

6 - 8 months

Breast milk or follow-on formulae.

Porridge

Porridge from e.g. corn, rice, buckwheat, millet, oats and boiled rye bread can be given.

Do not give rice-based porridge every day.

Products containing gluten are used increasingly.

Vary between different kinds of porridge.

Vegetables

All vegetables can be given as mash.

Boiled and fresh soft vegetables, diced into small pieces, when the child starts chewing.

However, celeriac, spinach, beetroots and fennel should only be given every 2 weeks.

Brown and white beans, chickpeas and lentils can be given in small amounts.

Fruit

All fruit can be given as sauce – fresh or boiled.

Berries and small pieces of soft fruit can be given when the child is able to chew.

Meat, fish and eggs

Ideas for mincemeat: Chicken, turkey, pork, lamb, veal and beef.

Ideas for fish: Plaice, salmon, pollack, mackerel, herring, cod roe and cod.

Hard boiled eggs can be give occasionally.

Offal can be give occasionally.

Avoid larger predatory fish, including all types of tuna.

Dairy produce

Breast milk and/or formulae.

Bread, rice and pasta

At the end of this period "heavy" bread without whole seeds can be given, such as bread made with whole-wheat, bolted wheat and bolted rye. Rice and pasta can be given occasionally.

9 - 12 months

Dairy produce

Breast milk and/or formulae.

Use no more than 1 dl of cow's milk in the food.

It is recommended to stop using formula in a bottle when the child is 1 year.

Soured dairy produce

½ dl increased to 1 dl regular yoghurt, junket or soured yoghurt (A38) with 3.5% fat can be given.

Soured dairy produce should have no more than 3.5 g protein per 100 g.

Bread

Your child can now start taking bites of a piece of rye bread.

Whole-grain rye bread, without whole seeds is recommended.

Ideas for cold cuts: Cheese spread, liver paste, cod roe, avocado, hummus and bananas.

Accompaniments such as boiled carrots, cucumbers and red peppers.

When your child can take bites of bread and chew "harder" food try giving:

Slices of meat and fish, hard boiled eggs, cheese in slices, cucumbers, slices of rye bread with potato and apple and leftovers from dinner.

Fruit and vegetables

Small pieces of boiled and freshly shredded fruit without peel cut to the child's chewing ability can be given

The child can now be given shredded or easy to swallow diced vegetables cut to the child's chewing ability.

Meat

The child can now eat the same meat as the rest of the family cut to the child's chewing ability.

Rice and pasta

You can give your child rice, pasta and bulgur with vegetables and meat.

Your child now wants to help put the food in its mouth with its fingers.

You can now base your child's food on what the rest of the family eats.

Introduce the child to many different tastes.

1 - 3 years

Continue providing the family with health options
Three principal meals and between two and three snacks.

Milk

From age 1 low-fat milk and soured dairy produce from low-fat milk with approx. 1.5% fat is recommended.

From age 2 fat free dairy produce i.e. skimmed, low-fat, and buttermilk with approx. 1.5% fat is recommended.

Soured dairy produce with a high content of proteins can be given after the age of 2, such as skyr, curd cheese, soured whole milk and soured low-fat milk (ylette).

The amount of dairy produce should be between 3.5 dl and approx. 5 dl.

The meals should vary and contain food from all four food groups:

- Bread, grain and potatoes, rice and pasta.
- Fruit and vegetables.
- Meat, fish, milk, cheese, eggs.
- A little fat.

Food and drink should not contain too much sugar as it will quickly cover the child's calorie requirement and thus take up room for a nutritionally balanced diet. Quench your thirst in water.



Hard foods:

You should not give your child whole carrots, carrot sticks and similar hard food until it is approx. 3 years old and able to chew well. It is rather your child's development than its age that will determine the right time.

It is important that meals are cosy and pleasant.