

Of course children don't come with an instruction manual.

Every child behaves and eats differently.

Please contact your advice centre if you have any questions:

The advisers are trained specialists. Parental advice is voluntary, free and confidential and is supported by Graubünden Department of Health.



www.gr.ch/elternberatung

Example recipe

Vegetable and potato purée

Ingredients	Method
90-100g seasonal vegetables	Wash, prepare and finely chop the carrot, pumpkin, parsnip, fennel, courgette, spinach, broccoli etc. Add a little water and cook until soft. Purée in a blender, add a little water if too thick.
40-50 g potatoes	Prepare, finely chop, cook with the vegetables.
1-2 tsp rapeseed oil	Stir the rapeseed oil into the finished purée. Add a tea-spoonful of rapeseed oil to jars of baby food too.
<i>From 7 months at the latest</i> 30-50 g meat or a vegetarian alternative	Add a little meat, fish or a vegetarian source of protein 2-3 times per week. Lamb, poultry, veal or beef. Instead of meat/fish, add the same quantity of cooked red lentils, hen's egg or natural tofu and cook with the vegetables.

Vitamin C to increase iron absorption

1.5 tbsp orange juice per puréed meal.

Don't use salt or stock cubes/powder. Infants don't need salt.

Tip: Freeze portions of cooked puréed meat in ice cube trays. Heat up one cube and add it to the purée.



Avoid during the first year

- Sugar, honey, sweeteners, Stevia, birch sugar
- Salt, sauces such as soy and Maggi, seasoned sea salt blends, stock cubes and powder
- Raw meat, fish or eggs
- Unpasteurised milk
- Processed meats, sausage, ham
- Meat substitute products such as Quorn, Seitan, etc.
- Fruit juice as a drink
- Whole nuts and almonds only from 3 years plus (choking hazard)

Food with a laxative effect (loosens stools)

- Cooked apple
- Pears
- Millet
- Oats

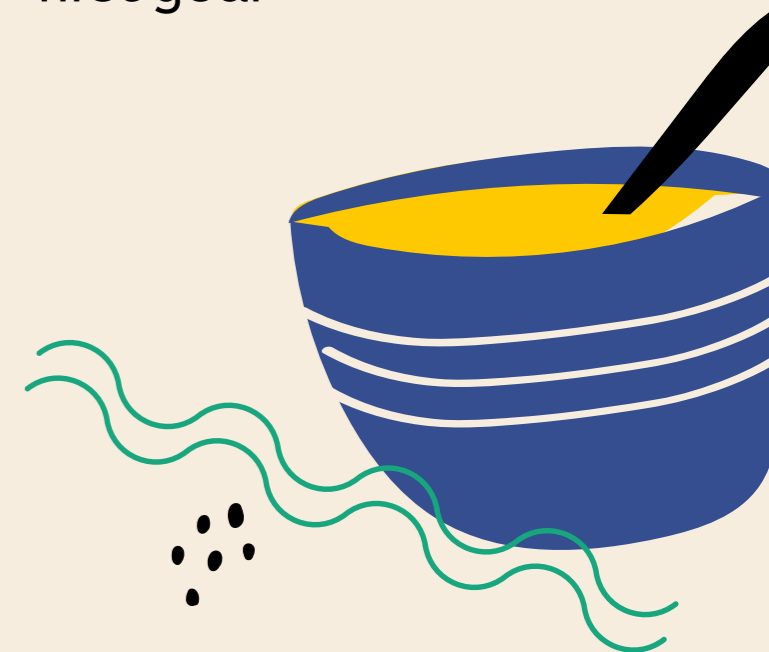
Store purées correctly

- Add oil just before consuming
- Keep in the refrigerator for a maximum of 24 hours
- If frozen immediately, store for a maximum of 3 months
- Do not refreeze once defrosted
- Only heat up once



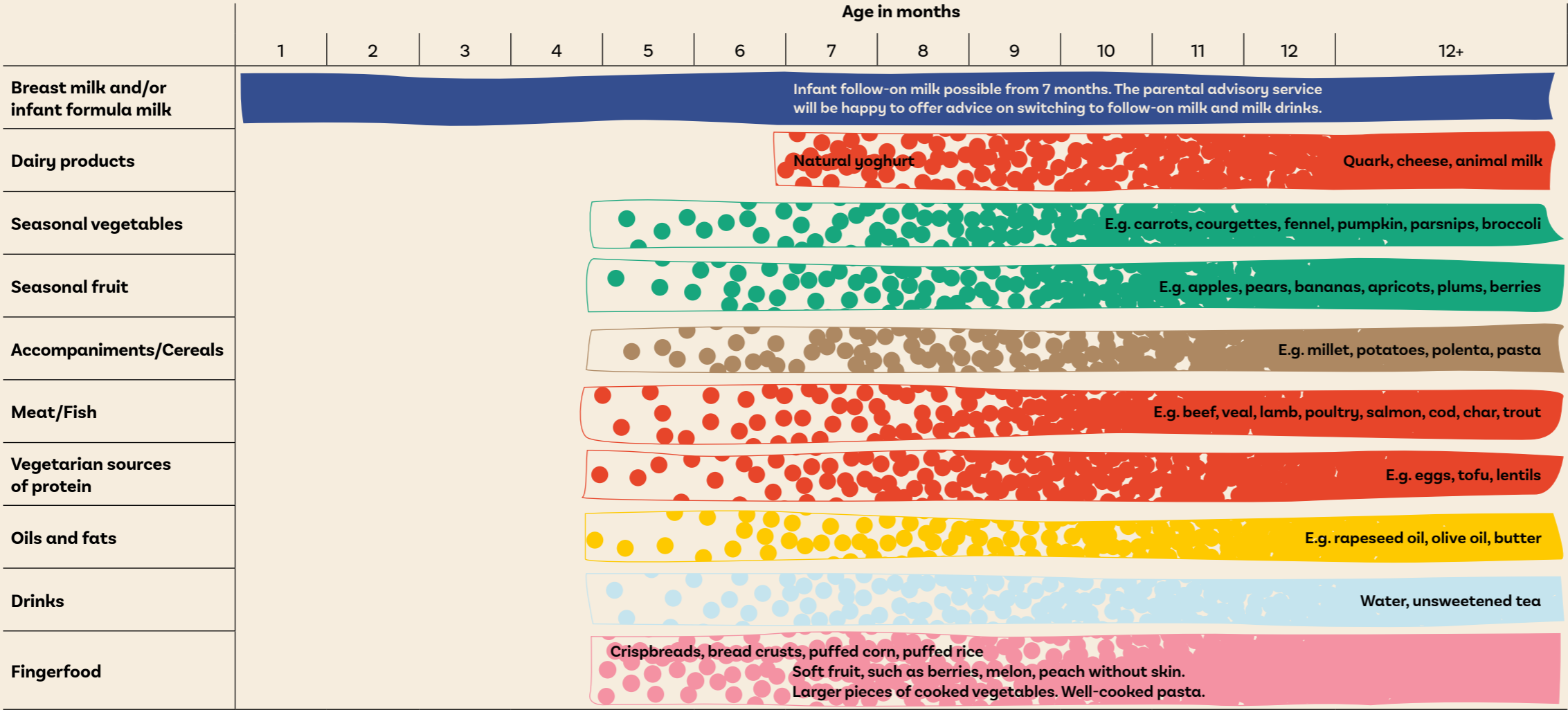
RECOMMENDED NUTRITION

For children in their first year



 Elternberatung
Graubünden

Weaning – introducing solid food



Source: Swiss Society for Nutrition (SGE)

- The different foods should be introduced with a break of a few days in between each one in order to identify intolerances and preferred tastes. It takes time for children to become familiar with foods.
- Cook cereals up to 7 months.

The right time to wean

- Your child can sit upright with support and hold their head up
- Your child is interested in what you and others are eating
- Your child puts things in their mouth themselves

Quantities

Total quantity of purée 150-250 g per meal

Drinks	Offer them regularly. Your child will drink if thirsty.
Unsweetened natural yoghurt, probiotic yoghurt or full-fat milk	50-100 g or ml/day to mix with purée
Vegetables, fruit	2/3 of the purée
Accompaniments, cereals	1/3 of the purée
Meat, fish, vegetarian proteins or egg	70 g/week from 7 months 140 g/week from 9 months 1 egg/week from 7 months 2 eggs/week from 9 months
Oils, fats	1 tsp/day, stirred into the purée. 2 tsp/day from 7 months. Add to jars of baby food too.
Avocado	Occasionally
Nut butter, almond butter	Occasionally