



KNOWLEDGE on Tap

When purée is on the table – Useful information about weaning food

In the first six months of a baby's life, they only need breast milk (or infant milk). From then on, milk alone is not enough to meet their increasing nutritional needs.

When is the right time to start with weaning food?¹

**at the earliest
beginning of the 5th month**



**at the latest
beginning of the 7th month**

Pay attention to the following signs:

- child can sit up straight with support
- their tongue thrust reflex occurs less and less
- the child shows an interest in food
- milk alone is not enough for them anymore²

How to successfully introduce weaning food¹

Parents have an important role to play by setting an example. Heaving meals in a relaxed atmosphere help children develop healthy eating habits. Smartphones, TV and other digital distractions should be avoided.



The recommended steps:

1.

Vegetable-potato- meat purée

Provides readily available
iron and zinc



2.

Milk- cereal purée

Provides minerals,
especially calcium



3.

Cereal- fruit puree

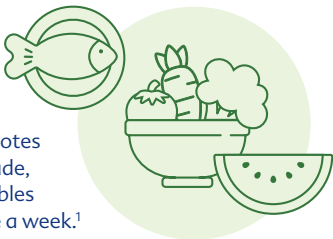
Complements
vitamin intake



When introducing the third puree...



...the baby will need additional liquids. The most suitable drinks are water or unsweetened tea. A cup or mug is the ideal way to offer them something to drink.¹



Variety in complementary foods promotes acceptance of new foods—these include, for example, different types of vegetables and fruits, as well as fish once or twice a week.¹

Vegetarian and vegan weaning food¹

Experts primarily recommend a balanced and varied diet that includes meals with meat, fish, eggs and dairy products. If parents decide on a vegetarian or vegan diet for their baby, there are a few things they should bear in mind:

Vegetarian	Vegan
It is possible for a baby to have a balanced vegetarian diet.	An exclusively vegan diet is not recommended for babies.
The purée made from vegetables, potatoes and meat should be replaced by a purée containing vegetables, potatoes and grain. Supplementing this with vitamin C at the same time can increase the bioavailability of iron from plant-based sources.	Enriched foods or nutritional supplements with vitamin B12 (and potentially other critical nutrients such as iodine and iron) must be given to the baby over a long-term period.
Milk, yogurt, cheese and eggs should also be part of the baby's diet.	Specialist medical consultation and care from a qualified nutritional expert should be sought.
Good knowledge of food and its composition, as well as effective nutritional planning. ²	

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