

# Meal plan for the first year

Meal time	From birth to 4 months	From the 5 <sup>th</sup> to the 6 <sup>th</sup> month* week 1 and 2 of introducing solids   week 3 and 4 of introducing solids		From the 6 <sup>th</sup> month	From the 7 <sup>th</sup> month	From the 10 <sup>th</sup> bis 12 <sup>th</sup> month
<b>Breast milk — for as long as you and your child want</b>						
Breakfast		or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1	or HiPP 2	or HiPP 3, Growing-up Milk, muesli or bread
Morning snack if needed		or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1	or HiPP 2 or Organic Baby Cereal**	Organic Baby Cereal**
Lunch	or 	or HiPP PRE or HiPP 1 vegetable jar	meal jar fruit jar as a dessert	meal jar fruit jar as a dessert	meal jar fruit jar as a dessert	meal jar fruit jar as a dessert
Afternoon snack		or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1 or Organic Baby Cereal**	Organic Baby Cereal**	Organic Baby Cereal** or Fruit and Yoghurt
Dinner		or HiPP PRE or HiPP 1	or HiPP PRE or HiPP 1	Good-Night Milk & Cereal or Milk & Cereal	Good-Night Milk & Cereal or Milk & Cereal	Good-Night Milk & Cereal or HiPP 3, Growing-up Milk or bread/vegetables
With meals and snacks	Baby Water, HiPP teas if needed***	Water or HiPP drinks				
In the case of an allergy risk****	or hydrolysed formula HiPP PRE HA COMBIOTIC® or HiPP HA 1 COMBIOTIC®	Gradually introduce solids by adding one new ingredient at a time.	After 6 months you can switch to HA 1 COMBIOTIC® or HA 2 COMBIOTIC® for your baby's bottle feeds. If you have any questions regarding the introduction of solids, please consult your paediatrician or midwife.			

Breastfeeding is best for babies and our environment. If you don't breastfeed, we recommend using age-appropriate HiPP formulae or HiPP HA formulae. Provide your child with a balanced variety of baby cereals and food purees. \*Start introducing solids according to your baby's development but not before your baby is 4 months old and at the latest once they are 6 months old. \*\*with fruit/vegetable jar or HiPP fruit & cereal jar \*\*\*e.g. in case of fever, diarrhoea or heavy sweating \*\*\*\*At risk babies should ideally be exclusively breastfed until they are six months old. Breast milk is naturally low in allergens and contains valuable protective substances that strengthen your baby's immune system from the inside. If you are not breastfeeding, experts recommend using HA formulae instead. (EAACI guideline: Preventing the development of food allergy in infants and young children (2020 update), *Pediatr Allergy Immunol.* 2021 Jul;32(5):843-858.)



**Paediatricians and nutritionists recommend introducing solids at an age from 5<sup>th</sup> to the 6<sup>th</sup> month. Breast milk or milk formulae alone will no longer cover your baby's increasing energy and nutrient demand. By then, your baby's development will have also reached a point at which this new type of food will be tolerated well.**

## When is your baby ready for weaning?

There is no specific date when you should introduce solids. There are, however, some tell-tale signs that show you when your baby is ready:

- your baby can hold their head upright by themselves
- your baby shows interest in being fed from a spoon
- your baby is still hungry after a milk feed

If you feel unsure about the right timing for the introduction of solids, please consult your paediatrician or midwife.

### Practical tips and important information on introducing solids

- Eating from a spoon is a totally new experience for your baby; be patient, it may take them a few weeks to get the hang of it.
- The puree should be fed at body temperature (pures containing fruit at room temperature) using a plastic spoon with rounded edges.
- Try to get your child used to drinking from a cup at an early stage. Excessive bottle use

### How to manage an increased allergy risk?

According to the latest scientific findings, the same recommendations on weaning apply to all infants – whether they are at risk or not of developing an allergy. Potentially allergenic foods, such as eggs or fish, should not be avoided, but rather integrated into the diet.

Feeding a wide variety of baby cereals and food purees is recommended, but you should always keep an eye out for possible allergic reactions, which is why you should only introduce one new ingredient at a time to test if your baby tolerates it.





and prolonged exposure to drinks – no matter whether they contain sugar or not – can lead to severe tooth damage and what is known as “baby bottle tooth decay”.

- For reasons of hygiene, purees that have already been heated once should not be reheated and fed to the baby again. We recommend you only take out the portion your baby is likely to eat.

## Your baby's first solids - when, what & how

In the course of the weaning process, milk/formula feeds are gradually replaced by solid meals. The first milk feed to be replaced is usually the one around lunchtime, then dinner, followed by the afternoon meal. In the morning and in-between meals, babies usually continue to breastfeed/bottle feed.

HiPP's step-by-step plan provides guidance for the introduction of solids:

<p>Breast milk or/and HiPP PRE/HiPP 1 or in case of an increased allergy risk HiPP PRE HA/HiPP HA 1</p> 	<p>Breast milk or/and HiPP PRE/HiPP 1 or HiPP PRE HA/HiPP HA 1 + jar with 1 ingredient (e.g. HiPP Baby's First Carrot, Pure White Carrot or Baby's First Pumpkin)</p> 	<p>Breast milk or/and HiPP PRE/HiPP 1 or HiPP PRE HA/HiPP HA 1 + jar with 2 ingredients (e.g. HiPP Baby's First Carrot with Potatoes or HiPP Pumpkin with Potatoes)</p> 	<p>Jar with 3 ingredients (e.g. HiPP Carrots with Potatoes and Organic Beef or HiPP Pumpkin with Potatoes and Organic Beef)</p> 
<p><b>Stage 1</b></p>		<p><b>Stage 2</b></p>	
<p><b>Start</b></p>		<p><b>Stage 3</b></p>	
<p>from birth</p>		<p>from the 5<sup>th</sup> to the 6<sup>th</sup> month</p>	

**Stage 1:** Start with a few spoonfuls of vegetable puree and gradually increase the amount of puree every day. Feel free to vary the types of vegetables you feed.

**Stage 2:** After a few days, add a starchy vegetable such as potatoes as a second ingredient.

**Stage 3:** The next step is to feed the first meal jar consisting of vegetables, potatoes and meat, e.g. “HiPP Carrots with Potatoes and Organic Beef”.

About one month after having introduced the first solids, replace the next milk/formula meal. We recommend using a milk cereal, such as “HiPP Organic Baby Cereal Multi Grain” or “HiPP Good Night Pure Oats”.

A few weeks later, the third solid meal is introduced. It consists of a fruit or vegetable

puree with cereal, such as “HiPP Pear & Apple with Spelt”.

With all meals, (daily) variety of ingredients is important for dietary diversity. As soon as your baby can eat one whole solid meal, you may offer some complementary drinks.

As soon as your baby eats three solid meals or more per day, they need to drink something with every meal. Generally speaking, infants aged 6 to 12 months need to drink approx. ½ a litre of liquid per day (incl. drinks, breast milk and formula).

Suitable drinks for infants are water and baby-friendly herbal or fruit teas.

For further questions on the introduction of solids, please contact our HiPP Parents' Service

D 8441-7 57 3 84

**\*please adapt to your local services**

**Important notice:** Breastfeeding is best for your baby. If you are considering using infant formulae, please consult your paediatrician or midwife first.



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