

Meal plan for the first year



For the most valuable in life.

	From birth to 4 months	From the 5 th month	From the 6 th month	From the 7 th month	From the 10 th month
	Exclusive milk feeding	Transition to solids*		Complementary feeding	Transition to family meals
	Breastfeeding – for as long as it suits both you and your baby				
	If not breastfeeding: HiPP PRE or HiPP 1			HiPP 2 possible	HiPP 3 possible As of 1 year children milk
Morning	 or 				Muesli/Bread & Milk
Mid-morning					Cereal-fruit or Cereal-vegetable Porridge
Lunch					Week 1: Vegetable purée Week 2: Vegetable-potato purée From week 3: Vegetable-potato-meat purée Weekly variety: 5x meat menus, 1x fish, 1x vegetarian — fruit as dessert
Afternoon					Cereal-fruit or Cereal-vegetable Porridge
Evening					Milk-cereal Porridge Muesli/Bread & Milk
Drinks	• Additional fluids are only needed starting with the third solid meal — ideally water • In the second half of the first year, approx. 400 ml of fluids including milk				
	For sensitive immune systems • Human milk is naturally low in allergens and contains valuable protective substances that strengthen your baby's immune system. Babies with a higher allergy risk should ideally be exclusively breastfed for six months. • If not breastfeeding, HiPP HA formula is a possible option. • Introduce complementary foods slowly, one new ingredient at a time.				

Important: Exclusive breastfeeding for the first four to six months is best for your baby. If you are not breastfeeding, we recommend age-appropriate HiPP infant formula.

*Start complementary feeding between the 5th and 7th month — depending on your baby's development. Replace milk meals gradually: begin with a few spoonfuls and then offer milk to satisfy hunger. Once a portion is well accepted, it replaces the milk meal. You can choose the time of day individually.

When is your baby ready for solids?

Experts recommend introducing solids between the 5th and 7th month, as human milk or infant formula alone no longer meets the increasing nutritional needs.

You can tell your baby is ready, for example, when they:

- can hold their head upright on their own
- show interest in food offered by spoon
- are no longer satisfied with milk alone

If you're unsure whether your baby is ready for solid foods, please consult your pediatrician or midwife.

What to do in case of allergy risk?

Even babies with allergy risk can try all foods — allergenic foods like eggs or fish should be consciously included in the diet. Introduce new foods slowly and one at a time to monitor tolerance.

Practical tips for a good start

Patience: Eating from a spoon is completely new — give your baby time.

Right temperature: Serve purée at body temperature (fruit jars at room temperature). Use plastic spoons with rounded edges.

Cup instead of bottle: Encourage drinking from a cup early. Prolonged sucking — even with sugar-free drinks — can damage teeth.

Hygiene: Only heat purée once and take out the amount your baby is likely to eat.



Important Information:

Breastfeeding is best for babies. Infant formula should only be given upon the advice of paediatricians, midwives or other independent experts.

What is the best way to introduce complementary foods?

Complementary foods gradually replace milk meals — usually starting with lunch, followed by evening and afternoon meals. The order can be flexibly adapted to your everyday routine. Continue offering milk in the morning and between meals.

The HiPP step-by-step concept for starting solids provides guidance for introducing complementary foods:

Step 1:

First spoonfuls of vegetables — a variety is welcome



Step 2:

After a few days, add starchy vegetables (e.g., potatoes)



Step 3:

Complete menu with vegetables, potatoes, and meat (preferably beef)



For a varied diet, choose 5 meals with meat, 1 with fish, and 1 vegetarian meal per week. About a month later, introduce a milk-cereal porridge, followed by a cereal-fruit or cereal-vegetable porridge.

Tip:

Vary the vegetables every 1–2 days to help your baby develop a sense of taste.

Drinks:

Once your baby eats a full solid meal, you can offer water as a drink.

From the third solid meal onwards, your baby needs regular fluids — about 400 ml daily, including milk.



If you have any further questions about introducing complementary foods, our HiPP Parent Service will be happy to help:

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