

Mother's and Father's Counsel Canton Schwyz

# Nutritional Structure in the 1st Year

Version Englisch



Do you need support or help - please Contact:

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## Mother's and Father's Counsel Canton Schwyz

“Eating habits are less a matter of education than imitation“ Remo H. Lago, author of the book “Babyjahre“. Defining is the model displayed by the family. The meaning, which you give food, your views on aliments, your personal likes and dislikes, are what largely shape your child's behaviour towards food. Carefully prepared food and emphasis on a shared meal will make eating into an important event for your child. This brochure will help structure your child's nutrition in the first year.

### General Advice

- Solid food should be introduced no sooner than the 5th or 6th month.
- Every 3 to 4 days you can introduce a new food.
- Should your child show signs of sickness, offer no new food.
- Patience: Every child needs time to get used to new tastes and sensations in its mouth.
- Eating not only means the process of consuming food, but also moments of affection. In order to discover and get to know new things, children need time.
- Let your child be a part of family mealtimes.
- As soon as you recognise signs of fullness (Turning head away, closing mouth, spitting out), end the meal.
- Depending on the food, consistency and colour of bowel movements may vary.

### Storage

- Freshly pureed baby food can be stored for max. 1 day in the refrigerator.
- Reheated baby puree may not be returned to the refrigerator and reheated a second time!
- Cooled puree (without oil) may be frozen.

### Practical Advice

- Use seasonal produce.
- As the amount of solid food increases, gradually reduce the breast or bottle meal.
- A largely varying appetite is part of a healthy child's eating habits. Should your child display unusual eating habits over a longer period, speak to the Mother's Counsel or your Pediatrician.
- A pureed meal consists of 180 to 250g. ( A yoghurt pot contains 180g)
- Offer your child water or unsweetened tea to drink. The child decides if and how much fluid it needs.
- Purees should contain neither salt, Aromat, stock, sugar, nor honey.
- Supporting the joy of eating
- Relaxed atmosphere at the table: No distractions such as games or Television.
- Patience! Wait until your child opens its mouth.
- Support your child's independence when eating.

These are general recommendations. For individual consultations, please contact your Mother's Counsel or your pediatrician.



## Nutritional recommendations

### From birth to 5th (6th) Month

Breast/formula milk or Hypoallergenic formula milk.

### From the 5th to 6th Month

- Begin with a vegetable or fruit puree (seasonal produce, avoid foods which bloat).
- Potential vegetables: Carrots, fennel, courgette, pumpkin.
- then expand to veggie-potato puree oder veggie-cereal puree (millet, spelt, etc.).
- Maximum of two sorts of vegetables plus cereals or potatoes (Proportions: 2/3 vegetables to 1/3 cereals or potatoes).
- Supplement the vegetable-potato/cereal puree with 1 teaspoon rapeseed oil per 100g.
- For optimal iron intake, add vitamin C. For example Apple juice, grated Apple, fresh parsley, or ½-1 teaspoon sea buckthorn juice per 200g.
- Meat should be given twice a week 30 to 40g: Veal, turkey, chicken, lamb, beef (organic if possible).
- Fruit options: Apples, pears, cooked and pureed, possibly banana.
- Remaining meals: breastfeed or formula milk.

### ***Babies need time to adjust to new tastes!***

#### About 4 weeks later

- Add further fruit and vegetable purees.
- Remaining meals: 2 to 3 times breast milk or formula.
- Meat may be occasionally replaced by fatty fish (salmon, mackerel).

#### After further 2 to 4 weeks

On mornings      breastfeed or formula (start follow-up formula earliest from the 7th month).  
In between        dark bread crusts (without seeds).  
Lunch              vegetable potato/cereal puree.  
Snack              fruit with cereal (millet, spelt, rice flakes, oats, barley) prepare with water only.  
Evening            milk-cereal puree and breast milk or formula milk.

### From the 7th to 8th month

- Plain yoghurt and Egg are allowed.
- From 12 months, Curd and cow's milk are allowed.
- Now you may also give your child pieces of fruit and vegetables to chew. Let children nibble whilst sitting and under supervision.
- Chewing must be trained: Gradually puree the food less and less, this will animate the child to chew.
- Should your child share your family meals, these should have little seasoning.
- Try to share as many mealtimes as possible with your child.
- Support joy of discovery!
- Acknowledge that there are differences in appetite between children and meals.

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## From the 9th to 12th month

### ***Helping to Eat Independently***

- Now, at the latest, let your child join the dinner table.
- Promote independence through bite-sized pieces.
- Be aware of your function as a role model.
- You cook for the whole family. The child may show food preferences, these should however, not appear abundantly in the food menu.
- You as parents decide what is on the menu. Your child may decide if and how much it will eat.
- Serve small portions, so that your child can ask for more. The amounts eaten may reduce themselves.
- Should your child have no appetite, or eat unusually large amounts these are no reasons for praise or critique. However, your child may be praised for eating independently.
- Should your child only play with its food and throw it on the floor, clear the table after one warning.
- Not swallowing is a sign that your child is not hungry anymore. Spitting, choking and vomiting, can signify stress.
- Should your child eat a very one-sided meal during his main feed, offer the missing nutrition at snack time.
- Even if your child has not eaten much during the day, do not offer anything else, also no milk or sugary drinks (risk of cavities!).

## General Information

### **Milk and Milk Products**

- The daily amount of required milk products is 5 dl, including milk products such as joghurt, cheese, cream, etc..
- Milk products ensure, that your child gets enough calcium, phosphor and protein.
- We recommend pasturised whole milk.
- Fruit joghurt contains unwanted sugar (3 to 5 sugar cubes per 180g pot). Advisable is natural joghurt with fresh fruit.
- Quark and other fruit curds are not suitable in the first year.
- Offer cheese in small quantities, due to the high content of mineral salts.

## Honey

***Do not give your child honey in the first year!***

## Thirst Quenching

- Tap water and unsweetened tea, are both ideal thirst quenchers. Offer boiled, cooled water until 7 months of age. Should your child prefer tea, lemon balm, lime blossom, and camomile are suitable options.
- Sugary drinks are not suitable for children.

## Cereal Bars, Fruit curd, Breakfast drinks & Co.:

Contrary to their advertisement, these barely contain nutritional elements, but lots of sugar. Offer these very sparingly.

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