



Feeding your baby

(0-12 months)



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé

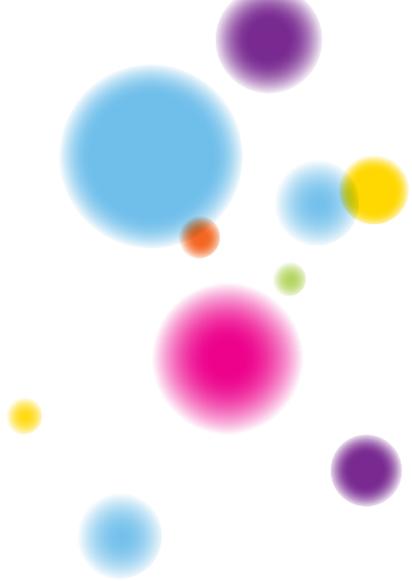


Preamble

This brochure is an update and translation of the brochure «L'alimentation du bébé de 0-12 mois» first published in 2005 by the Luxembourg Ministry of Health conjointly with the Ligue Médico-Sociale.

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Preface

A good diet in the first months of life is essential. It has a crucial influence on the infant's growth and development, and on health later in life.

The ideal food during the first 6 months of life is breast milk, which is perfectly adapted to a baby's needs and the best way to promote good health.

If, for one reason or another, breast-feeding is not possible, infant formulas (breast milk substitutes) cover all a baby's nutritional needs. While your paediatrician will guide and advise you in choosing the best formula for your baby, you may have many other questions: how to prepare the bottle, which teat/nipple to choose, how many feeds per day?

After the age of 6 months, milk alone is not enough to cover all a baby's requirements for growth: this is the time to start introducing new foods into the diet, and the beginning of a big adventure for both baby and parents. How do you prepare your baby's first meal, which new foods should be introduced when and what should you do if baby refuses them?

This brochure aims to answer some of the questions that parents ask themselves. It offers you practical advice and will help you find your way more easily through this period of discovery that you and your child will experience together.



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Breastfeeding

A bonus for baby: advantages of breast milk for your child

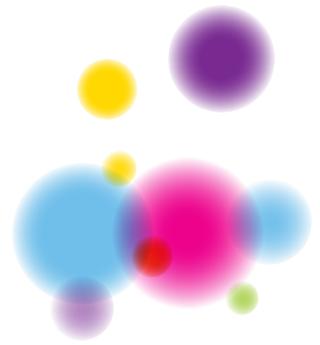
Breast milk has the perfect composition for feeding your baby and is the best food for assuring a baby's normal growth and development. In its Global Strategy for Infant and Young Child Feeding, adopted in 2002, the World Health Organization (WHO) recommends exclusive breastfeeding to the age of six months and the continuation of breastfeeding to the age of 2 years or older.

As for all newborns, exclusive breastfeeding is highly recommended for 6 months.

- Breast milk is well tolerated and **easy to digest**.
- Breast milk is always at the **right temperature**.
- Its **composition changes over time** and in tune with baby's needs.
- The composition of breast milk varies during the feed.
- Breast milk contains **antibodies** and protects against infections.
- Breast milk contains no foreign proteins and **protects the baby against allergies**.
- Breast milk is **clean** and contains no harmful germs.
- Breastfeeding provides more than food. **Skin-to-skin contact and emotional warmth are reassuring for the baby**, and lay the foundation for love and confidence, important factors for the child's psychological development.
- After the introduction of new foods, continue to breastfeed your baby.
- If you are breastfeeding, make sure your baby does not receive any other type of milk.
- The breastfeeding mother is not necessarily obliged to follow a special diet.

When there is a risk of allergy, breastfeeding becomes even more important

- Talk to your paediatrician about any changes in your baby's diet.



A bonus for you: advantages of breastfeeding for the mother

- Breastfeeding **speeds up the involution** of the **uterus** (return of the womb to its normal size after giving birth).
- Breastfeeding has a **protective** effect against **female cancer**.
- Breastfeeding helps the mother to **lose the weight** gained during pregnancy, even if she increases her calorie intake, which is recommended throughout the breastfeeding period.
- Breastfeeding has **practical advantages**: no need to prepare bottles in the middle of the night, no equipment to worry about when you go out or travel.
- Breast milk is always fresh, always available and it's free!

**You are still not sure?
You have decided to breastfeed?**

Consult the brochures:

**L'allaitement maternel
de A à Z**

(German and Portuguese versions
available)

(Initiativ Liewensufank Phone: 360598)

Qui fait quoi?

Ministry of Health:
Phone 2478 5569



Bottle-feeding

If for personal or medical reasons you do not choose to breastfeed your baby or you wish to stop breastfeeding, then it is essential to use an appropriate infant formula and later, a follow-on formula.

Commercial breast milk substitutes are controlled by legislation. (Règlement grand-ducal du 19 mars 2008 concernant les préparations pour nourrissons et les préparations de suite).

The composition of milks from animals (cow, goat, mare, ewe, etc.) or plants (almond, rice, soy, etc.) is not adapted to the needs of infants.



Infant formulas (from 0 to 6 months)

Infant formulas contain all the **ingredients** necessary to **cover the baby's needs up to 6 months of age**.

They provide the **energy** needed for growth. So there is no need to enrich the formula by adding cereal or sugar, for example.

The **vitamin, mineral and trace element** content of infant formulas is adapted to the baby's needs. Infant formula provides an adequate vitamin C intake, which means there is no reason to give the baby orange juice, as was once the custom.

However, a vitamin D supplement is of value and often prescribed by paediatricians. It is important to give vitamins separately. If they are put in the bottle, they may be partially destroyed by heat when the milk is warmed.

The different **brands of infant formula** are more or less identical. The ingredients and nutritional values of the different formulas are clearly marked on the labels.

Follow-on formulas (from 6 to 12 months)

After the age of 6 months, infant formula can be replaced by a **follow-on formula**.

Follow-on formulas are breast milk substitutes specifically designed to satisfy the nutritional requirements of babies aged **6 to 12 months** in conformity with the current legislation (cf. page 8).

The composition of follow-on formulas is suitable for use in babies **up to the age of 18 months**. A vitamin D supplement is still of value and often prescribed by paediatricians.

These formulas are sold in supermarkets and pharmacies.

· When your baby is well digesting a certain brand of instant formula do not change the formula, except on the advice of your paediatrician.

Examples of special formulas

Formulas with special properties may be prescribed by the paediatrician if a baby has certain health problems.

Ask your paediatrician.

Hypoallergenic formula (HA)

HA formulas contain proteins that are less likely to cause allergic reactions.

Soy-based infant formula

Soy-based formulas are made with ingredients that come exclusively from plants. They do not prevent allergies. Soy-based milks, drinks or juices in liquid form sold in supermarkets or health food shops are not suitable for babies.

Therapeutic formulas: elemental and semi-elemental diets

These formulas are composed of nutritional elements selected because they are more easily absorbed by the baby's digestive system. They are only prescribed in very special cases: protein allergies, difficult-to-treat diarrhoea, malabsorption syndromes, etc.

Thickened formulas

They may be suggested to help reduce regurgitations (spitting up). Nevertheless, it will still be necessary to give smaller feeds more often.

When there is a risk of allergy

If you do not breastfeed your baby, you are strongly advised to consult your paediatrician, who will tell you which formula is best for your baby.

Probiotic and prebiotic infant formulas

If your baby is fed with a breast milk substitute:
Continue with the formula used at the maternity or advised by your paediatrician.

Do not change the formula, except on the advice of your paediatrician.

For some time now, infant formulas with added pro- or prebiotics have been available. Probiotics are harmless bacteria that colonise the digestive tract and have beneficial effects.

Prebiotics are substances, added to the formula, that encourage the development of bacterial flora beneficial to the digestive system.

Up until now however, no clinical advantages for healthy babies have been shown. Various research projects are currently underway.

Breast milk remains the most appropriate food, since breastfed babies naturally have an intestinal flora in which the beneficial bacteria predominate.

Preparing a bottle feed

Sterilizing is recommended for bottles for the first 3 to 4 months, and for teats for the first 6 months. Washing bottles in the dishwasher is not enough.

Instructions

- Wash your hands carefully before preparing the bottle.
- Wash and rinse bottles and teats thoroughly.
- Sterilize them using one of the following methods:
 - in a special sterilizer designed for baby bottles,
 - in boiling water for 15 minutes,
 - in a pressure cooker (steam) for 10 minutes,
 - using a special disinfectant solution sold in pharmacies.

Most infant formulas are sold in powder form to be reconstituted with water. The formula is made up using the measuring spoon or scoop that comes with the powder. In general, one measure of powder is diluted in 30 ml of water.

Practical advice

- Always prepare bottles on a clean surface, preferably just before feeding the baby.
- Wash your hands with soap and water and dry them using a clean cloth or paper towel.
- Read the instructions for preparation on the label of the formula to find out the exact amounts of water and powder to use.
- Boil up some clean drinking water. If you are using an electric kettle, wait until it switches off automatically. If you boil water in a saucepan, make sure the water reaches a full, rolling boil.
- Pour the required quantity of water that has been boiled and cooled to 70° into the correctly washed bottle. Add immediately the exact amount (level measures) of formula powder to the water.
- Mix thoroughly by shaking the bottle gently.
- Immediately cool the bottle under cold running water. Check that the milk is at the right temperature by dripping a little on the inside of your wrist. It should feel lukewarm, not hot.
- Feed the bottle to the baby soon after preparing it.
- Throw away any formula that has not been consumed within two hours of its preparation.

To prevent food-borne infections, especially in premature or sick babies, WHO recommends reconstituting milk powder with boiled water, cooled to 70° C.

For more information, read the document:

How to prepare formula for bottle-feeding at home (FAO – WHO 2007)

http://www.who.int/foodsafety/publications/micro/PIF_Bottle_en.pdf

· Always use the exact amount of formula powder indicated on the label.

· Be very precise when you measure out the powder using the measuring spoon or scoop (level measures).



The ideal bottle temperature is 35-36 degrees Centigrade.

In a water bath (bottle warmer)

The bottle warmer (water bath) should be used only to reheat prepared bottles and not to prepare the bottle from scratch. The correctly prepared bottle should be stored for no longer than 24 hours in the refrigerator, where the temperature should remain below 5°C.

- Take the prepared bottle out of the refrigerator.
- Heat the bottle warmer or water bath (saucepan of hot water).
- For reasons of food safety, do not leave bottles in the bottle warmer longer than necessary (maximum 15 minutes).
- Shake the bottle well so that the heat is spread evenly through the liquid.
- Check that the milk is at the right temperature.
- Feed the bottle to the baby without delay.
- Throw away any milk that is not drunk within 2 hours of reheating.

When baby is out and about

To lower the risk of contamination, it is advised to prepare the bottle just before feeding the baby. To do this, take freshly boiled water in a very clean thermos flask with you, with the milk powder in a separate container.

- When the baby is hungry, pour the required volume of water into the bottle and add the appropriate quantity of milk powder.
- Put the lid on the bottle and shake well.
- Check the temperature of the milk and feed the baby without too much delay.
- Throw away any leftover milk.

Caution

Never use a microwave oven to warm bottles. Microwave ovens heat the milk unevenly so that some parts might be too hot and burn the baby. Ref: WHO 2007

Teats (nipples)

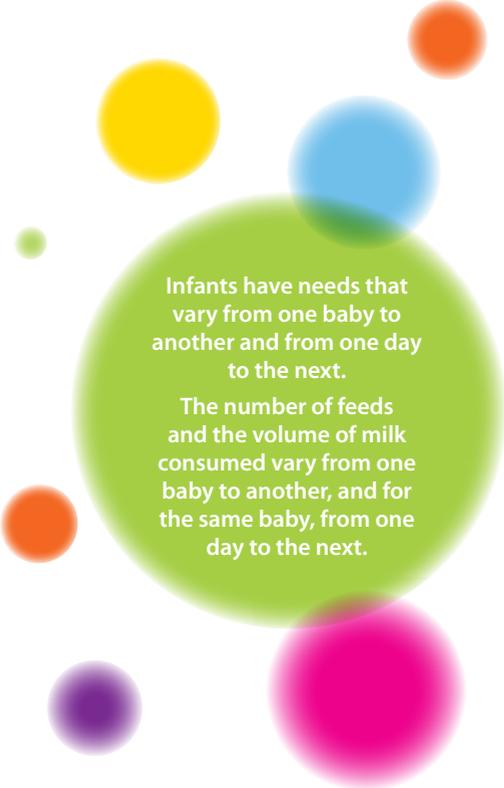
In general, rubber teats are more flexible than silicone teats, but watch out for allergies all the same.

There are **different types of teats**: choose according to the baby's age and the thickness of the formula. **Do not make holes** in the teat, since the baby might swallow tiny pieces. Replace damaged or worn teats immediately.

Drinks

A healthy infant does not need to drink anything other than breast milk or formula.

However, in very hot weather, you may offer (bottle fed babies) **bottled water suitable for preparing baby food**. This claim appears on the label of the bottle of water. Do not add anything to the water, such as herbal tea or fruit juice. Most importantly, **never add sugar**, otherwise your baby may develop a sweet tooth (a liking for sweet things). If this happens, your baby may then refuse to drink milk, which is so important for good health. There is also a risk that baby's sugar intake will be too high.



Infants have needs that vary from one baby to another and from one day to the next.

The number of feeds and the volume of milk consumed vary from one baby to another, and for the same baby, from one day to the next.

The timing of feeds

At birth, babies need to be fed whenever they are hungry. Babies have their own special rhythms, and it is not a good idea either to wake sleeping babies or let them cry with hunger under the pretext that it is not the “right” time for a feed.

Ideally, as with breastfeeding, bottle-feeding should be led by **the baby’s demands**, which correspond to his or her needs. In this way, your baby will retain the natural hunger-thirst-satiety reflex.

Babies’ food needs must be covered all day long (over 24 hours). Breast or bottle feeds at night must be given at the time the baby demands them.

The time interval between night feeds will increase little by little and the times will eventually coincide with your own sleeping pattern. Good sleeping habits are not established during the first months of life. Tune in to your baby and don’t let yourself be influenced by others.

Example

Breastfeeding is demand driven. At first, bottle-fed babies will demand to be fed on average every 2- 3 hours (6 bottles during the day, plus one bottle at night) then quite quickly this will change to every 3- 4 hours.

Do not wake up your baby at night, except on specific advice of your paediatrician.

It is only after 2 to 3 months that you will be able to space out night feeds (breast or bottle) and to a maximum of 6- 7 hours at night between feeds. For example, you give the last feed around 11 or 12 pm and the first feed the next day at around 6 or 7 am.

The volume and number of feeds

Breast fed babies are breastfed according to baby's demand. The following table gives an idea of the usual quantities of formula consumed by bottle-fed infants over 24 hours (for infants of average weight for age). When foods other than milk are introduced, the volume of formula decreases gradually until it reaches a minimum of 600 ml per day.

| Age | Total volume per day | Number of feeds per day |
|-----------------|----------------------|-------------------------|
| Birth to 8 days | 100-400 ml | 7-6 |
| 8-15 days | 450-500 ml | 7-6 |
| 15-30 days | 550-650 ml | (7)-6 |
| Second month | 600-700 ml | 5-6 |
| Third month | 720-800 ml | 6-5 |
| Fourth month | 780-850 ml | 5-4 |

If the baby is still hungry

Before 4 months

Increase the number of breast or bottle feeds. To prevent regurgitation (spitting up), do not increase the volume in the bottle. Feeding the baby too much milk can cause regurgitations. The stomach capacity of a 6-month-old baby is around 180 ml. Thickening the formula with starch or cereal to give the baby a feeling of fullness should be strictly avoided before the age of 4 months (completed).

After 4 months

For infants with big appetites, your paediatrician might advise to add a small quantity of instant cereal for babies to one of the bottles. Of course, it is important that the baby consumes the volume of formula recommended for his or her age and that this volume is not reduced by the addition of cereal.

Instant cereal powders and flakes for bottles

Instant cereal powders and flakes are not essential in your baby's diet. However, if used they must be dissolved in the formula. They increase the energy intake and make the baby feel full for a longer time. It is important to make sure that the baby always drinks the recommended daily volume of formula for his or age to avoid the risk of deficiencies and dehydration.

Important:

Do **not** give the baby cereal powders or flakes until the **beginning of the 5th month**.

Introduce the cereal **gradually**: begin with one bottle and add one, then two teaspoons of cereal for 100 ml of liquid.

When you choose to use **cereal with milk mixes**, you must dilute them in water.

Preparation:

Read carefully the instructions

Before making any changes to your baby's diet, talk to your paediatrician.

- Cooking flours, such as cornstarch, are not suitable for thickening formula. Follow-on formula cannot be boiled.
- Cereal powders or flakes are not essential in your baby's diet. Your paediatrician will advise you.
- Giving cereals too early or in too large quantities can upset the baby's digestive system and cause excessive weight gain, which may lead to obesity later on.

Special aspects of milk feeds

Regurgitations

Around 40% of healthy babies regurgitate (spit up). In general, this is due to the milk rising back up from a too-full stomach. Regurgitations are very common during the first months of the baby's life. They occur because the muscle that closes the opening between the oesophagus (food pipe) and the stomach has not fully developed. Regurgitations are harmless in most cases and disappear spontaneously after a few months.

The problem is often solved by reducing the volume of milk consumed per feed (breast or bottle). In this case, don't forget to increase the number of feeds so that baby receives all he or she needs.

Try to prevent the baby from swallowing too much air when drinking.

After the feed, lay the baby down with the chest (not just the head) slightly raised.

See your paediatrician without delay if your baby constantly regurgitates, if he or she fails to put on weight or if the vomiting is explosive and in large quantities.

Burping the baby

Babies swallow air during breast or bottle-feeds. The air is released from the stomach when the baby burps after the feed. To help the baby bring up the wind, hold him in an upright position until he has burped. Do not persist for more than 15 minutes.

Introducing new foods

Foods other than breast milk or formula are introduced gradually into the baby's diet. At the same time, the baby learns to eat increasingly solid foods. New foods should never be introduced before the beginning of the 5th month (before the baby has reached the age of 4 months), nor should you wait to start introducing new foods later than the beginning of the 7th month (the baby has reached the age of 6 months).

Why start introducing new foods at this age?

- Breast milk and follow-on formula are no longer sufficient to cover all the infant's needs. It is necessary to introduce new foods to the baby's diet.
- The baby is now able to chew slightly more solid foods and to swallow them more easily.
- The baby's ability to digest foods has developed.

It is important to adapt the start of the introduction of solids to the baby's development. The introduction of new foods is a continuing learning process for the baby and should progress phase by phase. This should be a time of pleasure for the baby, allowing the time needed to discover new tastes and textures, and giving the baby's digestive system time to adapt to new foods. It is important not to rush this process.

The first phase

Around the age of 5-6 months, the first phase consists in introducing the baby to spoon-feeding with blended or puréed food and the discovery of new smells, tastes and textures.

Each baby has his or her own rhythm, and it is important to respect this. Some are happy to discover new foods. Others are not so keen, and the process will take longer. Continue to give breast milk or formula to ensure the baby is getting all necessary nutrients. There is no need to hurry!

The aim is therefore to gradually replace one breast or bottle-feed with a meal of vegetables or fruit. Whether a fruit or vegetable meal is introduced first is a matter of parental preference.

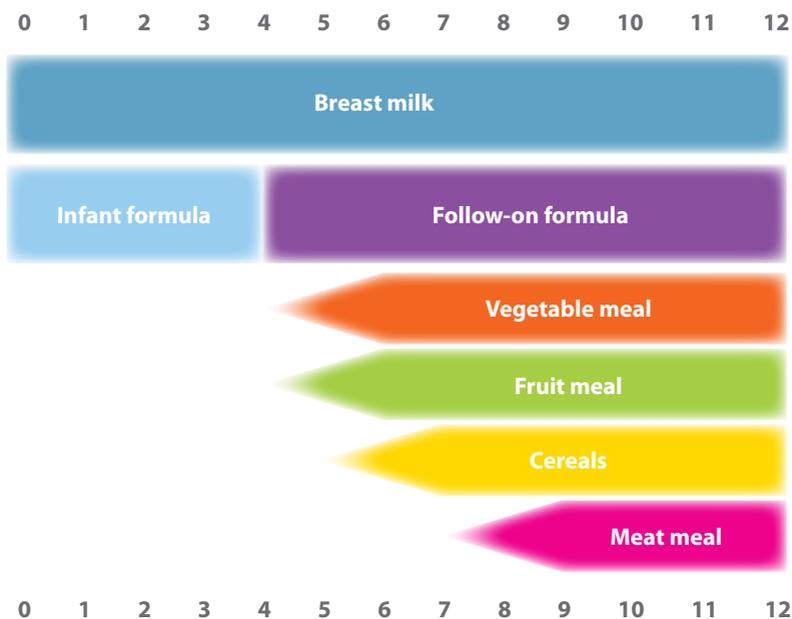
At the usual time for a milk feed (e.g. around midday for a vegetable meal and around 4 pm for a fruit meal) give your baby as many spoonfuls of puréed vegetables or fruit as he or she wants. At first, the baby will not take a full meal. Finish the meal with the usual breast or bottle-feed.

Some important points about introducing new foods

- The baby must be able to hold his or her head up and hollow the tongue to allow the spoon to enter the mouth. Proper chewing movements do not appear until around 7 to 9 months.
- Commonly, around the age of 5 to 6 months, the infant begins to show interest in what the rest of the family is eating.
- During the introduction period, milk (breast milk or formula) remains the basic staple food.
- For breastfed babies, it is advised to continue breastfeeding while new foods are being introduced.
- Present the food to the baby on a spoon. If the baby is not capable of accepting it, it is better to delay introducing new foods and try again at a later date.

- At first, the baby will take only a few spoonfuls. Complete the meal with the baby's usual milk feed.
- The first puréed foods may be vegetables or fruit.
- Introduce one new food at a time for several days to test the baby's tolerance.
- Do not add salt, sugar or spices to the purée.
- **Raw vegetables and dried legumes** should not be introduced before the age of 1 year.
- **Dairy products (cow's milk, cream, yoghurt, fresh cheese, puddings, milk-based desserts)** should not be introduced before the age of 1 year.
- Cheese and tofu have a high protein content and are not advised before the age of 1 year.
- **Respect your baby's tastes and preferences**
If the baby refuses a food, offer it again several days later, then try again several times.

Summary table of infant feeding from 0 to 12 months



Daily schedule at the beginning of the 5th month.

Please note that breastfeeding is still on demand.

A, B and C represent the different recommended daily schedules.

| | Early morning | Mid-morning | Midday | Afternoon | Evening | Late evening |
|----------|---------------|-------------|--|--|---------|--------------|
| A | Bottle | (Bottle)* | Bottle | Bottle | Bottle | (Bottle)* |
| B | Bottle | (Bottle)* | Vegetable starchy meal completed with breast-feeding or a bottle | Bottle | Bottle | (Bottle)* |
| C | Bottle | (Bottle)* | Bottle | Fruit meal completed with breast-feeding or a bottle | Bottle | (Bottle)* |

*Optional

Daily schedule at the beginning of the 6th month.

Please note that breastfeeding is still on demand.

A and B represent the different recommended daily schedules.

| | Early morning | Mid-morning | Midday | Afternoon | Evening | Late evening |
|----------|---------------|-------------|--|--|---------|--------------|
| A | Bottle | (Bottle)* | Vegetable starchy meal completed with breast-feeding or a bottle | Bottle | Bottle | (Bottle)* |
| B | Bottle | (Bottle)* | Bottle | Fruit meal completed with breast-feeding or a bottle | Bottle | (Bottle)* |

*Optional

Note: Depending on how you organise your day, it is possible to give the vegetable meal in the evening or the fruit meal mid-morning.

The second phase

The second phase begins around 6 to 7 months, when the baby is able to eat a full meal. Now you can start to introduce, week by week, meat, fish and eggs (first the yolks, then the whites).

Daily schedule during the 7th month.

Please note that breastfeeding is still on demand.

| Early morning | Mid-morning | Midday | Afternoon | Evening | Late evening |
|---------------|-------------|--|-------------------------|---------|--------------|
| Bottle | (Bottle)* | Vegetable starchy meal + meat water | Fruit meal water | Bottle | (Bottle)* |

*Optional

The third phase

Around the age of 8 months, some babies develop bigger appetites. Do not increase the daily milk volume (2 to 3 breast or bottle-feeds, 500 to 600 ml of milk per day), but add starchy foods to the meals to increase the energy intake. This is a good time to introduce bread.

Daily feeding schedule during the 8th month.

Please note that breastfeeding is still on demand.

| Early morning | Mid-morning | Midday | Afternoon | Evening |
|---|-------------|--|-------------------------|--|
| Bottle + buttered bread or milk-based porridge water | (Bottle)* | Vegetable starchy meal + meat water | Fruit meal water | Bottle + Buttered bread or milk-based porridge or water |

*Optional

Practical advice

- It is advisable to quickly introduce a maximum of new tastes till one year of age.
- It is useful to introduce only one new food at a time so that it will be possible to link any allergic reaction to a particular food.
- Give preference to regional and seasonal products: fresh vegetables, potatoes, fruit compotes.
- Read the labels of processed foods carefully. They frequently are containing too many food additives. Choose the ones containing the less.

In case of allergy,
see your
paediatrician.

Tip

If your baby doesn't like a particular food at the first try, you can always offer it again at a later time. Sometimes it takes up to 15 times before an infant appreciate a food. Do not worry.

Remember: while introducing new foods, milk remains the basic staple food for your baby and covers almost all his or her nutritional requirements.

The vegetable-starchy meal

- Most vegetables are suitable for infants' meals (broccoli, carrot, endive, lettuce hearts, courgette, fennel, green peas, pumpkin, etc.).
 - The first meal is often a purée of cooked carrot, since carrots are usually well accepted and tolerated by babies.
 - Some vegetables have very strong flavours or are more difficult to digest (production of gas in the bowel): onion, pepper, cabbage, salsify, turnip, leek, etc. It is perhaps better to wait a little before offering these vegetables.
 - Vary your choice of vegetables.
 - Give preference to seasonal regionally grown fresh vegetables and use them as quickly as possible after purchase.
- If the vegetable you buy is not in season, then give preference to frozen (unprocessed) rather than preserved vegetables (in metal or glass containers), since the latter are too salty for babies. This does not apply to commercial baby food.
 - Begin with 2 to 3 teaspoons of purée and complete this small meal with breast milk or formula. Over the following days, increase the quantity to 12 to 15 teaspoons, in other words, the equivalent of a full meal.
 - When the baby no longer wants milk after the meal, offer him or her some water to drink.

Preparing vegetable meals

As a matter of food safety, it is important to:

- prepare food on a clean work surface,
- trim and wash vegetables thoroughly,
- cut vegetables on a chopping board with a clean knife.

Cooking methods

Steaming

Steam vegetables until they are just tender. Add a little water suitable for babies to give a more liquid purée. This method preserves vitamins well.

Braising

Cook the vegetables over gentle heat with a little water, until they are just tender. Blend with the cooking juices, which helps to retain the vitamins.

Boiling

Cook the vegetables in a large amount of unsalted water until just tender. Drain then blend. This method is suitable for strong-flavoured vegetables, such as cauliflower and endive. However, boiling is the method in which the most vitamins are lost.



Storing meals prepared at home

Refrigeration

Use the prepared food immediately, or, if you wish to store it, place it in a clean glass container and put it immediately in the refrigerator. (Storage: 24 hours in the refrigerator at 4°C).

Freezing

Place the prepared food in the refrigerator for one hour then put it in the freezer (Storage: 2 month at -18°C).

Thawing

To thaw, place the food in the refrigerator the day before it is to be eaten.

Do not reheat thawed food more than once.

Starchy Foods

Several days after introducing vegetables, you can add starchy foods. This increases the energy (calorie) intake of the meal. Give the same quantity of starchy foods as vegetables.

Cooking hints

- You can cook potatoes either separately in their skins, or together with the vegetables after peeling, washing and dicing them, without adding salt.
- Rice, pasta and cereals may be cooked separately in unsalted water or with the vegetables (add more water).

Gluten

Gluten is a protein found in **wheat, oats, barley, spelt and rye**. Gluten is one of the proteins that may cause intolerance in infants. This intolerance often leads to inflammation of the lining of the bowel and the development of coeliac disease.

To minimise the risks it is advisable to:

- avoid introducing cereals containing gluten before baby has reached the age of 4 months,
- continue breastfeeding while introducing gluten,
- introduce gluten in small quantities, little by little, between the beginning of the 5th month and the end of the 6th month. At this time rice, pasta and cereals may be proposed.

The following baby foods may contain gluten:

- commercial baby food in jars,
- instant baby cereal powder or flakes,
- biscuits, bread, rusks,
- pasta.

If a product does not contain gluten, this will be indicated on the label: "Sans Gluten", "Gluten-Free".

Read the list of ingredients on the package carefully.

Potatoes, corn, rice, buckwheat and millet do not contain gluten.

Fats and oils

Research has shown that infants old enough to be starting solids need a diet rich in fat. It is therefore essential to add 5 to 15 g (1 to 3 teaspoons) of fat after cooking, once vegetables and starchy foods have been introduced. It is best to vary the source of fat: oils of different types or butter.

Forbidden foods:

Foods rich in hidden fats such as biscuits, pastries, snack foods, crisps, cured meats and fat-rich dairy products. These foods provide poorer quality fats.

Our advice

The most suitable fats are butter and oil. Among the different types of oil, we recommend rapeseed oil in particular (rich in polyunsaturated fatty acids that are essential for the proper development of the brain and nervous system). We advise against peanut or walnut oil because of the risk of allergy.

Meat and fish

Meat and fish are a source of protein, iron and trace elements. Meat and fish are progressively introduced.

All types of meat and fish are allowed, with the exception of processed meats and fish (sausages, ham, salami, store-bought minced meat, surimi etc.).

Quantity

The maximum quantity of meat or fish is 10 to 25 g per day (= 1 small tablespoon).

Quantities per week

- 1 to 2 meals of vegetables and starchy foods with fish.
- 2 to 4 meals of vegetables and starchy foods with meat.
- 1 to 3 meals of vegetables and starchy foods.

Cooking tips

- To prepare the food, use a separate plastic cutting board. Wash it thoroughly in soapy water.
- You can chop the meat just before cooking. If you use a blender after cooking, combine the meat with the vegetables. Do not use store-bought minced meat.
- You can cook the meat or fish with the vegetables or separately.
- The ideal cooking methods are boiling, steaming or oven roasting.
- Make sure that the meat and fish are thoroughly cooked, to stop bacteria from growing.
- Do not add salt.

Eggs

Eggs may be introduced into the baby's diet from the age of 7 months. The egg should always be thoroughly cooked.

Salt

We must insist on the fact that the addition of salt or salt-based products (Maggi, bouillon cubes, soy sauce, certain spice mixes, etc.) to an infant's diet is highly inadvisable.

In addition, a liking for salt is an acquired taste; it is better not to get the baby used to eating salty food.

Drinks

Regularly offer your baby water suitable for preparing baby food (between 50 and 150 ml per day). In fact, the only drink recommended is pure water and it is essential to accustom your baby to drinking water from the start.

From time to time, and as late as possible, you may give unsweetened, diluted fruit juice, or unsweetened herbal teas for babies. These drinks are to be given only very occasionally, in special situations and only for pleasure.

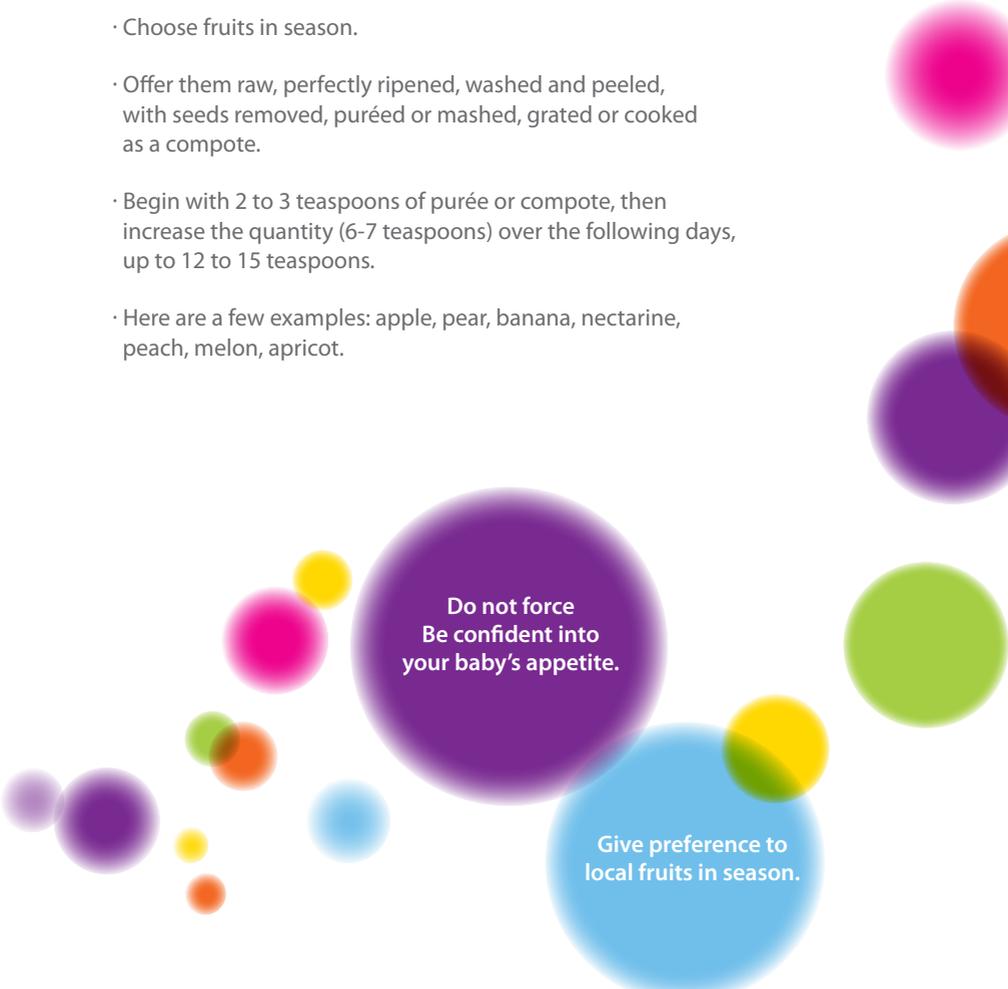
To be avoided

All other drinks such as soft drinks, syrups, sweetened herbal teas or fruit juices should be forbidden, since they contain too much sugar (even those that are sold especially for babies). These drinks will give your baby a "sweet tooth". Too much sugar makes the diet unbalanced, and in the long term presents a health risk (tooth decay, obesity, etc.).

Tea and coffee contain stimulants and should not be given to young children.

The fruit meal

- Introduce one type of fruit at a time.
- Choose fruits in season.
- Offer them raw, perfectly ripened, washed and peeled, with seeds removed, puréed or mashed, grated or cooked as a compote.
- Begin with 2 to 3 teaspoons of purée or compote, then increase the quantity (6-7 teaspoons) over the following days, up to 12 to 15 teaspoons.
- Here are a few examples: apple, pear, banana, nectarine, peach, melon, apricot.



Do not force
Be confident into
your baby's appetite.

Give preference to
local fruits in season.

Preparing fruit meals

As a matter of food safety, it is important to:

- prepare food on a clean work surface,
- trim and wash the fruit thoroughly,
- cut the fruit on a clean chopping board with a clean knife,
- blend and serve immediately (or place in an airtight container and store in the refrigerator for no longer than 24 hours).

Important recommendations concerning fruit meals

Biscuits

You may be tempted to add a biscuit to the fruit meal. However, biscuits have no nutritional value and most have a high sugar content.

Cereals

When fruit alone is not enough, add some unsweetened instant cereal flakes to the fruit purée to increase the baby's energy intake.

Sugar

Do not add sugar or artificial sweetener to the fruit meal. They mask the real taste of the food and promote a sweet tooth. Often, sugar is the basis of bad dietary habits and the cause of dental caries and obesity. If you make your own fruit compotes, choose naturally sweet apples (e.g. Jonagold, Royal Gala) or add banana.

Your baby is still hungry?

- Do not increase the volume of the milk in the bottle.
- Offer a vegetable-starchy or a fruit meal

Fromage frais for babies

Do not replace fruit meals with a “petit suisse” or fromage frais with fruit, even though the advertisements say they are recommended for babies. These products, unlike fruit, have a very high protein content. Research in Western countries has shown that the protein content of the diets of young children is already too high. This excessive protein intake, from a very early age, may be one of the causes of obesity in children and adults.

Baby porridge

After the age of 6 months, some babies prefer to be spoon-fed more often. Instead of a bottle you may offer a thick porridge made with instant cereal.

Preparing baby porridge

Sprinkle the instant cereal over lukewarm follow-on formula and mix well. Let the mixture stand for a few minutes until it thickens. There are some instant cereals that contain milk powder. To make porridge, simply dissolve these mixtures in water. Read carefully the instructions.

Bread and biscuits

From the age of 8 to 10 months, you may offer your baby, from time to time, a small slice of bread (with butter if you wish) to chew on. Choose brown bread made with finely ground flour (without sunflower, sesame or flax seeds, or walnuts). Bread is much better than biscuits, even those made especially for babies. Avoid all pastries and cakes. These contain a significant amount of sugar and fat. Teach your baby good eating habits from the start.

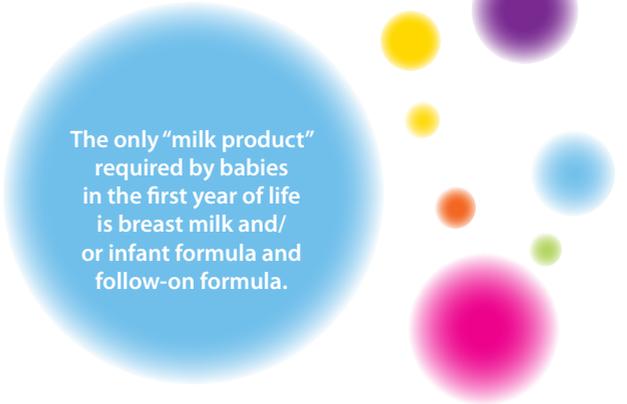
General advice

Milk and dairy (milk) products

Cow's milk (whole, half-skimmed or skimmed) is not suitable for babies under one year of age. It contains more protein and minerals than breast milk or infant formula. The introduction of undiluted cow's milk is recommended only after the age of 12 months.

Limit dairy products (yoghurt, cheese, fromage frais with fruit).

Avoid milk-based desserts, puddings, ...**even those made "especially for babies"**, since they contain too much protein and very often too much sugar.



The only "milk product" required by babies in the first year of life is breast milk and/or infant formula and follow-on formula.

Commercial baby food in jars

The **production** of commercial baby food in jars is governed by extremely **strict** European **regulations**. The ingredients used may not contain any **residues, germs, nitrates or nitrites** in quantities that would be dangerous for the infant. The quality of baby food in jars is high and there is no reason to object to their use.

It is however important to make **good choices** in the selection of baby food on offer, according to the age of your baby. Read the label very carefully; all the ingredients are listed on it. Purchase only well-known brands.



If there is a risk of allergy, ask your paediatrician for advice.

Our advice

Home-made purées always taste better. You also have the advantage of choosing the ingredients yourself. The recipes found in this brochure will give you some ideas.

How much and how often?

From the earliest months, babies are capable of adapting the quantity of food they eat to their needs. In fact they can control their food intake over the period of a day: if they eat more during one meal, they will eat less at the next. Trust your baby, and if he shows he is no longer hungry, do not force him to finish what is on his plate. Encourage your child to heed body signals of hunger and satiety.

How to encourage chewing

When your baby starts chewing, you can stop blending all your baby's food, and instead cut it into very small pieces or mash it with a fork. Basically, the food is the same, but it will be presented in a way that encourages chewing.

Points to remember when introducing new foods

- Plan for at least 5 meals per day.
- Keep 2 to 3 breast or bottle feeds (600ml of milk) per day.
- Do not replace fruit meals with a dairy product (yoghurt, cheese or fromage frais with fruit).
- Give your baby no more than 25 g of meat or fish per day.
- Add the necessary quantity of fat and vary the type of fat and oil.
- Do not add salt to any baby food.

Special Situations

Allergie

An allergy is a hypersensitivity reaction mounted by the body's immune system against a substance in the environment. Food allergies are on the increase. When one of the parents is allergic, the child has bigger chances of being allergic too. Ask your paediatrician for advice.

The possible symptoms of food allergy are:

- vomiting
- diarrhoea
- failure to gain weight or weight loss
- eczema, skin rashes
- asthma
- anaphylactic shock



Consult
your
paediatrician.

Intense crying periods

It is normal that a baby cries up to 3 hours a day. These crying periods are frequently observed at dawn and in the evenings. They appear shortly after birth (2 weeks old) and disappear altogether around 3-4 months of age.

These crying periods are commonly associated with colic attacks, which is wrong. This cause is rare. If you feel that your baby's crying periods are excessively and you have any doubts, consult your paediatrician.

When your baby is eating well, does not vomit, doesn't have fever, puts on weight, is not lethargic and has normal stools, he or she is developing fine. Do not worry.

Things you can do to relieve your baby whilst crying

- Rock your baby face down with your hand underneath her stomach.
- Move about with your baby: in a baby carrier, sling, pram or in the car. The movement will calm the baby.
- Lay the baby face down across your knees.
- Ask for help, take turns with your partner.
- Try to be very patient, not anxious.
- Remain calm and comfort the baby; this can have a consoling effect on the baby.

Nappy (diaper) rash

Before blaming food as the cause, you should check whether perfumed nappies, your washing powder, a soap or cream are not responsible for the nappy rash.

Fruit juices may also cause skin irritations. They are not advised for babies, in any case.

Give preference to cooked fruit and vegetables.

Usually nappy rash are not linked with food intake.

Consult your paediatrician.

Diarrhoea

Exclusively breastfed babies usually have soft or loose stools. This is normal and not diarrhoea.

Diarrhoea is defined as the frequent passage of watery stools. Diarrhoea may be caused by viral or bacterial infections, but also by imbalances in the diet.

Although diarrhoea is common in babies, it must always be taken very seriously, especially in babies under 1 year. Diarrhoea can cause the loss of a great deal of body fluid, and there is a high risk of dehydration.

In all cases of diarrhoea, consult your paediatrician without delay.

Constipation

Constipation is characterised by rare and hard faeces that are difficult to expel, often causing abdominal pain. It is rare for a breastfed baby to suffer from constipation.

For babies fed with breast milk substitutes only

Check that the formula is always prepared correctly and accurately. If the milk is too concentrated, it can lead to constipation.

Make sure you offer your baby enough water (small amounts of 20 to 50 ml between bottle feeds especially during hot weather).

Massage your baby's stomach in a clockwise circular movement.

For babies who have started solids

The baby's diet should be rich in fibre: every day give your baby enough fruit and vegetables. Water intake must also be adequate because without liquid, the fibres fail to "swell" in the bowel and will tend to have a constipating effect.

Avoid grated apple and bananas. Give instead a dried prune soaked in water and puréed. Apricot, apple or rhubarb compotes also have a laxative effect.

Don't forget to add 2 to 3 teaspoons of oil to vegetable meals.

From the age of 8 months on, you can give your baby wholemeal cereal flakes, rusks or biscottes and wholemeal bread. These foods are high in fibre. Make sure your baby has enough water to drink.

If you have any doubts, consult your paediatrician.







Recipes



midday
meal

Vegetable meal, potatoes

From the age of 5 months



1 Serving



20 minutes
preparation
time

Ingredients

Potatoes 40 g - net weight*

**Young carrots or other
vegetable 80 g - net weight***

**Butter or corn, canola, soy or
sunflower oil 10 g - 2 tsp**

Preparation

1. Peel, wash and chop the potatoes into small pieces.
2. Peel, wash and chop the carrots or trim and wash the chosen vegetable.
3. Cook the carrots (or the chosen vegetable) with the potatoes in 3 to 4 tbsp of water in a small saucepan with the lid on until just tender (or steam them).
4. Add the butter or oil when cooked.
5. Blend the lot to make a purée.
6. Add a little water (suitable for babies) if the purée is too thick.
7. Use immediately or put into a clean jar with a lid and refrigerate without delay (keeps for 1 day in the refrigerator at 4°C) or place in the refrigerator for 1 hour and then freeze (keeps for 2 months at -18°C).
8. To thaw, place in the refrigerator the day before.

Hints

- You can replace the carrots with fennel, pumpkin, cauliflower, broccoli, courgettes, etc.

* Net weight: washed and peeled • tbsp: tablespoon • tsp: teaspoon

Purée of vegetables and meat for freezing

From the age of 7 months



15 Servings



20 minutes
preparation time

Ingredients

Butter 50 g

Potatoes 1,5 kg - net weight*

Corn, canola, soy or sunflower oil 100 g

Beef rump steak or veal scallop, fillet, roast 350 g

**Vegetables: carrot, broccoli, fennel,
pumpkin 1.5 kg - net weight***

Preparation

1. Peel, wash and chop the potatoes - weigh.
2. Trim, wash and chop the vegetables - weigh.
3. Cut the meat into pieces.
4. Steam the vegetables, meat and potatoes for 15 to 20 minutes.
5. Purée the vegetables and the meat in the blender.
6. Mash the potatoes.
7. Mix the vegetables, meat and potatoes together.
8. Add the butter and oil.
9. Add a little water (suitable for babies) if the purée is too thick.
10. Divide the purée into servings, put into clean jars with lids or freezers bags and place them immediately in the refrigerator.
11. Write the date and contents on the jars or bags.
12. Leave in the refrigerator for 1 hour then place in the freezer (keeps for 2 months at -18°C).
13. To thaw, place in the refrigerator the day before.

* Net weight: washed and peeled • tbsp: tablespoon • tsp: teaspoon



midday
meal

Purée of vegetables and meat for freezing

From the age of 7 months



midday
meal

Vegetables, meat, potatoes

From the age of 7 months



1 Serving



20 minutes
preparation
time

Ingredients

Vegetables 100 g - net weight*

Potatoes 100 g - net weight*

Beef rump steak 25 g

**Butter or corn, canola
or sunflower oil 10 g**

Preparation

1. Peel, wash and chop the potatoes.
2. Trim and wash the vegetables.
3. Cook the vegetables with the potatoes and meat with 3 to 4 tbsp of water in a small saucepan with the lid on for 15 minutes (or steam them).
4. Add the butter or oil when cooked.
5. Blend the lot to make a purée.
6. Add a little water (suitable for babies) if the purée is too thick.
7. Use immediately or put into a clean jar with a lid and refrigerate without delay (keeps for 1 day in the refrigerator at 4°C) or place in the refrigerator for 1 hour and then freeze (keeps for 2 months at -18°C).
8. To thaw, place in the refrigerator the day before.

Hints

- You can replace the beef with veal or boneless chicken or fish (avoid fish if the baby has a high risk of allergy).

* Net weight: food washed and peeled • tbsp: tablespoon • tsp: teaspoon

Vegetarian purée

From the age of 7 months



midday
meal



1 Serving



20 minutes
preparation time

Ingredients

Millet flakes 20 g, water 150 ml

Carrots 100 g - net weight*

Fresh orange juice 2 tbsp - 1/2 orange

Apple 50 g - net weight*

Butter or oil 10 g - 2 tsp*

Preparation

1. Peel, wash and chop the carrots.
2. Cook the carrots in a small saucepan with 150 ml water for 15 minutes.
3. Add millet flakes and mix well.
4. Simmer gently, stirring continuously. Remove from heat.
5. Peel, core and chop the apple.
6. Squeeze the orange. Add the juice, oil and the apple.
7. Purée the mixture in a blender.
8. Use immediately or put into a clean jar with a lid and refrigerate without delay (keeps for 1 day in the refrigerator at 4°C) or place in the refrigerator for 1 hour and then freeze (keeps for 2 months at -18°C).
9. To thaw, place in the refrigerator the day before.

Hints

- You can replace the carrots with fennel, pumpkin, cauliflower, broccoli, courgettes, etc.
- Vary regularly the type of fat added.
- Millet is rich in iron. The vitamin C in the orange juice helps to absorb the iron.

* Net weight: washed and peeled • tbsp: tablespoon • tsp: teaspoon



midday
meal

Rice with tomatoes, fennel and chicken

From the age of 8 months

Rice with tomatoes, fennel and chicken

From the age of 8 months



1 Serving



25 minutes
preparation
time

Ingredients

Raw tomato 50 g - net weight*

Fennel 50 g - net weight*

Boneless chicken 20 g

Rice 30g – uncooked weight

Canola or other oil 10 g - 1 tbsp*

Preparation

1. Trim and wash the tomato and fennel.
2. Chop into small pieces.
3. Cut the chicken into small pieces.
4. Cook the rice with 8 tbsp of water.
5. Boil 100 ml of water.
6. Add the chicken and vegetables and cook gently for 10 to 15 minutes. Drain.
7. Add oil and rice.
8. Chop or blend the vegetables to the desired consistency.
9. Serve immediately or refrigerate without delay.

Hints

- May be stored frozen in a clean recipient for 3 months.

* Net weight: washed and peeled • tbsp: tablespoon • tsp: teaspoon

Pasta with fennel and tomato sauce

From the age of 9 months



midday
meal



1 Serving



20 minutes
preparation time

Ingredients

Fennel 80 g - net weight*

Fresh tomato 80 g - net weight*

Wholemeal pasta 30 g – uncooked weight

Olive or other oil 10 g - 1 tbsp*

Preparation

1. Trim and wash the fennel.
2. Dice the fennel.
3. Boil the fennel in water for 5 minutes.
4. Wash the tomatoes and plunge them into boiling water to remove the skins.
5. Add the tomatoes to the fennel and cook for a further 10 to 15 minutes.
6. Cook the pasta in unsalted water and drain.
7. Chop or blend the vegetables to the desired consistency.
8. Add the oil and pasta.
9. Serve immediately or refrigerate without delay.

Hints

- May be stored frozen in a clean recipient for 3 months.
- Replace the fennel with courgettes.
- Add 20 g of steamed boneless fish or chicken to the purée.

* Net weight: food washed and peeled • tbsp: tablespoon • tsp: teaspoon



midday
meal

Couscous with chicken

From the age of 9 months



1 Serving



20 minutes
preparation time

Ingredients

Carrot 50 g - net weight*

Courgette 50 g - net weight*

Couscous 30 g – uncooked weight

Water 70 ml

Boneless chicken 20 g

Olive or other oil 10 g - 1 tbsp*

Preparation

1. Bring 70 ml water to the boil, turn heat down.
2. Add the couscous, cover and let stand for 10 minutes.
3. Peel and wash the carrots.
4. Trim and wash the courgettes.
5. Dice the vegetables finely.
6. Steam the vegetables with the chicken until just tender (10 to 15 minutes).
7. Cut the chicken into small pieces.
8. Fluff the couscous with a fork and add the vegetables and chicken.
9. Add the oil.
10. Serve immediately or refrigerate without delay.

Hints

- May be stored frozen in a clean recipient for 3 months.

* Net weight: food washed and peeled • tbsp: tablespoon • tsp: teaspoon

Pasta with carrots and broccoli

From the age of 9 months



midday
meal



1 Serving



20 minutes
preparation time

Ingredients

Carrot 50 g - net weight*

Broccoli 50 g - net weight*

“Alphabet” pasta 30 g - uncooked weight

Olive or other oil 10 g - 1 tbsp

Preparation

1. Trim and wash the carrots and broccoli.
2. Dice the carrots and break the broccoli into small bouquets.
3. Steam or boil the carrots for 5 minutes.
4. Add the broccoli and cook for a further 5 to 10 minutes.
5. Cook the pasta in unsalted water and drain.
6. Chop or blend the vegetables to the desired consistency.
7. Add the oil and pasta.
8. Serve immediately or refrigerate without delay.

Hints

- May be stored frozen in a clean recipient for 3 months.
- Replace the broccoli with courgettes.
- Add 20 g of steamed boneless fish or chicken to the purée.

* Net weight: washed and peeled • tbsp: tablespoon • tsp: teaspoon



Afternoon
snack

Apricot, pear, peach and apple compote

From the age of 6 months



2 Servings



5 minutes
preparation
time

Ingredients

Well-ripened apple 1 piece

Well-ripened pear 1 piece

Well-ripened apricots 3 pieces

Well-ripened peach 1 piece

Water 1 to 2 tbsp*

Preparation

1. Peel and core the apples and pears.
2. Cut into pieces.
3. Peel the peach, remove the stone and cut into pieces.
4. Peel the apricots and remove the stones.
5. Cook the fruit gently with 1 to 2 tbsp of water until just soft (5 to 10 minutes).
6. Blend the fruit with the cooking juices until the required consistency.
7. Serve immediately or refrigerate without delay.

Hints

- Choose fruit that is perfectly ripe.
- May be stored frozen in a clean recipient for 3 months.
- Add 1/2 banana for a sweeter-tasting compote.

* Net weight: food washed and peeled • tbsp: tablespoon • tsp: teaspoon

Cereal with Fruit

From the age of 6 months



Afternoon
snack



1 Serving



5 minutes
preparation time

Ingredients

Millet or oat flakes 20 g

Water 125 ml

Banana or other fruit 100 g - net weight*

Butter or oil 10 g

Preparation

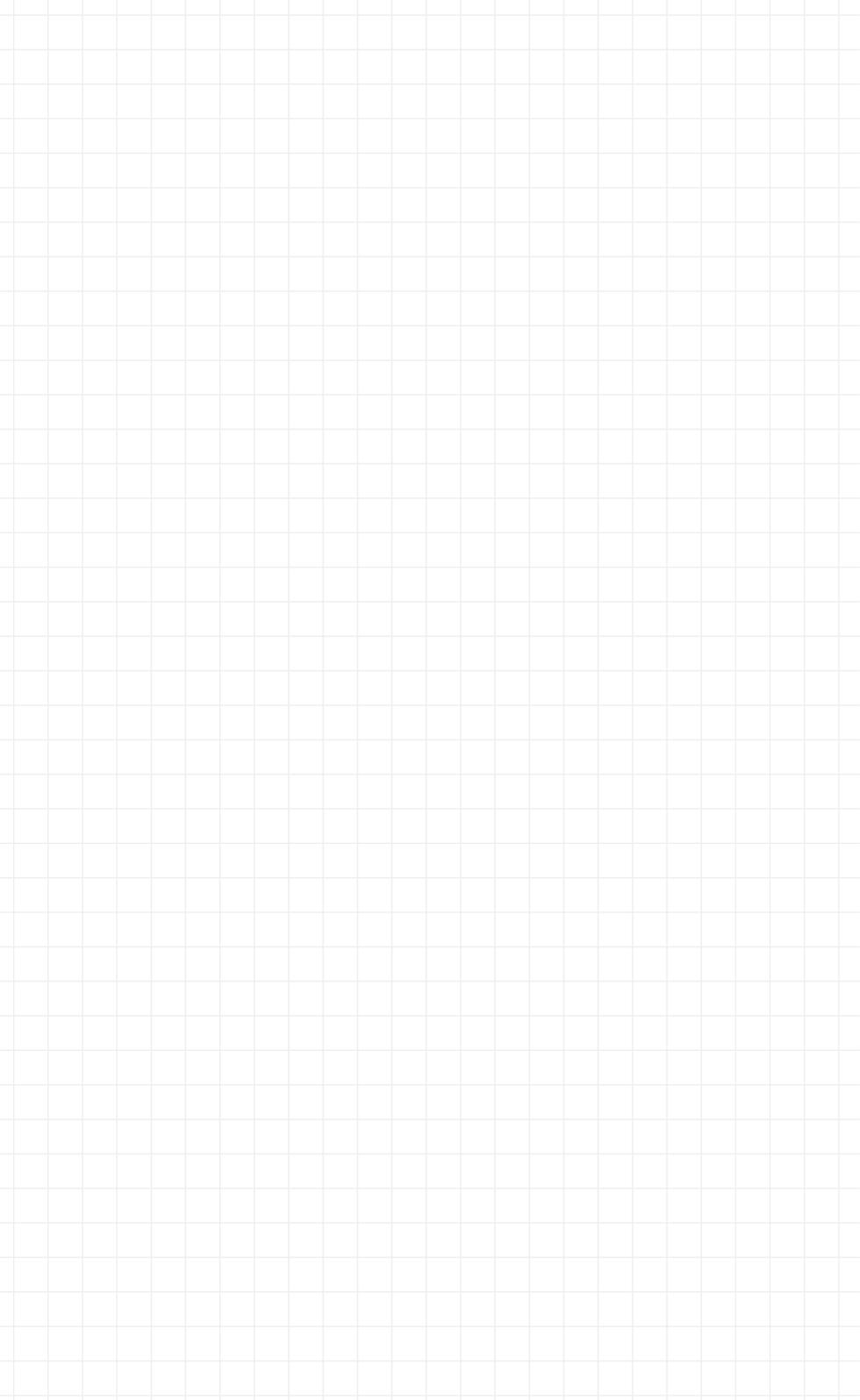
1. Mix the water and flakes together in a saucepan.
2. Bring to the boil, stirring continuously.
3. Cook for a further 1 to 2 minutes.
4. Remove from heat and allow to stand for 3 to 4 minutes.
5. Mash the banana with a fork.
6. Add the banana and oil to the cereal.
7. Mix well.
8. Serve immediately or refrigerate without delay

* Net weight: food washed and peeled • tbsp: tablespoon • tsp: teaspoon

Personal notes



Personal notes



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Useful Addresses

Ministère de la santé
Direction de la santé [Ministry of Health -
Directorate of Health]

Allée Marconi – Villa Louvigny

L – 2120 Luxembourg

Tél. : 2478 55 69

www.sante.lu

Ligue Médico-Sociale

Consultations for infants and young
children (0-4 years)

Tél. : 8002 98 98 or 48 83 33-1

www.ligue.lu

Association Nationale des Diététiciens du
Luxembourg (ANDL)

Tél. : 621 54 60 60

www.andl.lu

Initiativ Liewensufank

Tél. : 36 05 98

www.liefensufank.lu

La Leche League Luxembourg

www.lalecheleague.lu

Club Européen des Diététiciens
de l'Enfance (CEDE)

www.cede-nutrition.org

Forschungsinstitut für Kinderernährung
Dortmund

www.fke-do.de

Office national de l'enfance

www.one.public.lu

Deutsche Gesellschaft für Ernährung (DGE) e.V.

www.dge.de

Bundeszentrum für Ernährung

www.bzfe.de

American Dietetic Association

www.eatright.org

Cercle d'investigations cliniques et
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(CICBAA) [Circle of Clinical and Laboratory
Investigations into Food Allergy – English
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www.cicbaa.org





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DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé