

Nutritional therapists in Helsinki, Espoo, Vantaa, Porvoo and Kirkkonummi 2016



## Food guide for families with babies under 1 year

### **BREASTFEEDING**

For the majority of all babies who are born full-term, breast milk provides all the nutrients they need, with the exception of vitamin D, up to the age of six months.

Immediately after birth the baby is breastfed according to their natural feeding rhythm. There will be periods when the baby eats more frequently. This causes the production of milk to increase to meet the need.

Exclusive breastfeeding is recommended up to the age of 4-6 months. Continued breastfeeding is recommended up to the age of 12 months, and if the family wants, even longer.

The important thing is to observe and identify the baby's signs of hunger, fullness and satisfaction. By responding to the baby's signals of hunger and fullness you create a secure interactive relationship. Many nutrients are more readily absorbed from breast milk than from infant formulae. Breastfeeding boosts the development of the baby's immune system and the maturing of the gut. A baby has the ability to give a signal that their belly is full. Sometimes the baby appears to eat more or less than usual. This is quite normal, and you need not worry about it as long as the baby is growing normally.

### **BREAST MILK SUBSTITUTE AND OTHER BEVERAGES**

When more milk is required, you should give the baby breast milk substitute (infant formula). It has a composition suitable for the baby. Infant formula is used when there is not enough breast milk for the baby, despite efforts to make breastfeeding more effective, or when the mother wants to stop breastfeeding or when there are medical reasons why breastfeeding must stop. Cow's milk and grain-based beverages are not suitable. A fully breastfed baby usually does not need water. The water given to the baby does not need to be boiled. All juices and juice-based beverages are unnecessary.

A public health nurse will provide guidance on the use of infant formulae. Suddenly stopping breastfeeding may cause worries to the mother. Natural interaction is also promoted by bottle feeding in close contact with the baby.

## INTRODUCING SOLID FOODS AT 4-6 MONTHS

A variety of introductory foods can be given at the age of 4-6 months, depending on the baby's individual development. Taste portions do not replace breastfeeding, and they are given after a breastfeeding session.

Babies who are not breastfed start solid food at the age of about 4 months. However, solid food should not be given to babies under 4 months. If a breastfed baby needs additional food from 4 months onwards, you should give solid food, rather than infant formula, in order to ensure continued breastfeeding. The baby does not require gruels at any stage. In particular, gruels (infant cereals) started early may lead to reduced breastfeeding.

All babies require solid food from the age of about six months. From 6 months onwards, the portion size is gradually increased from taste portions to meals of pureed food, according to the baby's need. Infant formulae is an adequate drink with meals if the baby is not breastfed, and water if breastfeeding continues.

When you give small taste portions (1/2 - 2 teaspoons) of solid foods to a fully breastfed baby 4-6 months old, you expose their gut to these foods, so that the baby becomes accustomed to them. This increases the baby's food tolerance and supports the development of their immune system. A variety of new food ingredients can be introduced to the baby from early on. There is no reason to delay the introduction of any food, not even in families with allergies among other family members.

You can give the baby suitable food at the family's meals, thereby offering the baby a natural introduction to the family's world of food. At the same time, the baby learns to know the basic tastes and gets practise in oral motor skills with various food ingredients. Practice makes perfect. When the baby is under one year old, you should avoid giving foods or drinks containing salt or a lot of sugar.

Finger foods and the use of a mug gives practise in picking things up with the thumb and index finger (pincer grip) and using the hands for eating. Babies have a natural aversion to bitter and sour flavours. Therefore, such food ingredients need to be offered again and again. It may require 10-15 tastings for a baby to get accustomed to a new taste. Therefore, parents should not jump into hasty conclusions about the taste of new foods. The list below is intended as a list of foods to offer. It contains food ingredients suitable for babies under 1 year.

During meals talk about the food you are offering. Babies love food rhymes and songs.



## LIST OF ENCOURAGEMENT: FOOD SUITED FOR BABIES UNDER 1 YEAR

Foods	Potatoes and vegetables	Berries and fruit	Cereal products	Meat, fish and eggs	Milk and milk products	Dietary fat
Ingredients	<p>Potato, carrot, cauliflower, broccoli, corn Brussels sprouts, Cucumber, Zucchini, Parsnips, Peas, Lentils, beans, Sweet potato, Jerusalem artichoke, Tomato, Swedes, turnip, Romanesco broccoli,</p> <p>Frozen vegetables can be used</p>	<p>Strawberry, raspberry, blueberry, currants, gooseberry, cloud-berry, cranberry, lingonberry, rose hip,</p> <p>Apple, banana, plum, pear, pineapple, kiwifruit,</p> <p>Peach, apricot, citrus fruits, melons, mango</p>	<p>Oats, barley, rye, wheat, spelt, rice, buckwheat, maize, millet</p> <p>Wholemeal products should be preferred</p>	<p>Unseasoned chicken, turkey, pork, beef, lamb, venison, elk and game, Fish such as vendace (<i>fin. muikku</i>), pollock (<i>fin. seiti</i>), European whitefish (<i>fin. siika</i>), farmed Rainbow trout and Norwegian salmon), Eggs</p>	<p>From the age of 10 months onwards fat-free or low-fat unflavoured fermented milk products such as junket (<i>fin. viili</i>) curdled milk, yoghurt, cultured buttermilk (<i>fin. piimä</i>) and quark. In addition, cow's milk heated as an ingredient in foods.</p> <p>Near the age of one year, milk as a drink.</p>	Breast milk and infant formulae ensure adequate intake of fat for a baby under 1 year
How to serve	<p>Initially boiled in pureed food,</p> <p>From the age of 6-10 months onwards grated fresh</p>	<p>Purees, grated fresh, Fresh fruit pudding</p>	<p>From the age of 5 months onwards porridge made from flakes, flour or pearly grains; rice and pasta in mashed foods</p>	<p>From the age of 5 months onwards minced; quantity per serving of pureed food for introduction about 1 teaspoon, later 1-1.5 tablespoons.</p>	<p>From the age of 10 months onwards unflavoured fermented milk products can be flavoured with berries and grated fruit.</p>	Rape-seed oil may be added to pureed food or porridge for the baby as appropriate.
Finger foods; the baby's motor skills and number of teeth should be considered when serving these.	<p>Fresh vegetables, such as cucumber and carrot,</p> <p>Boiled vegetables, such as corn</p>	<p>Finnish berries, fresh fruit, e.g. apple</p>	<p>Crispbread, Boiled rice or pasta</p>	<p>Meat patty, minced meat, bits of scrambled eggs, tofu</p>	<p>Cottage cheese</p>	

## FAMILY MEALS PROMOTE THE HEALTH OF THE WHOLE FAMILY



## JOYFUL MEALS – TOGETHERNESS – POSITIVE EXPERIENCES

### *Vegetable and potato purée*

*potatoes  
carrots  
swede  
onion  
cauliflower  
broccoli  
spices  
rape-seed oil*

*Boil the vegetables until tender. Keep the water for later use as liquid.*

*Puree the ingredients a hand blender. For a child who is slightly older it suffices to mash the ingredients with a fork. Add spices if desired, e.g. a pinch of pepper. If you want to make the purée softer, add some of the boiling water.*

### *Fresh berry kissel*

*500 ml of water  
2-3 tablespoons potato starch  
fresh or frozen Finnish berries approx. 500 ml (e.g. strawberry, blueberry, raspberry, currants)*

*a couple of teaspoons of sugar, if required*

*Remove any impurities from the berries. If necessary, puree the berries with a hand blender.*

*Put cold water and potato starch in a saucepan, and bring it to the boil, until a couple of large bubbles come up. Let it cool. Add berries or berry purée. Add a small amount of sugar for taste, if required.*

