



## Lunch: vegetable-potato-meat baby food

Conversion of breast milk/ bottle to mashed food in the 5th to 6th month of life

### 1st week: vegetables

Start with a few spoons of puréed carrots (alternatively puréed parsnip and pumpkin) before breastfeeding/ bottle meal at lunchtime, followed by breastfeeding/ bottle meal as usual.

Within the next few days, increase the amount of carrots until your child eats about 100g from the spoon (a small glass of early carrots has 125g). The nursing/ bottle meal is given unchanged after the carrots.

### 2nd week: vegetables + potatoes + oil

As soon as your child eats about 100 g of vegetables, add the potatoes (50 g) and 1 tbsp. of canola oil (there are large jars of early carrot potato à 190 g). The amount continues to increase slowly. The nursing/ bottle meal can now be reduced, for example by only one side breastfed. Does your child tolerate the meal well? Then increase the amount until about 200 g are eaten or a complete glass (190 g).

### 3rd week: vegetables + potatoes + oil + meat + juice

Now the pap is supplemented with about 30 g of lean meat and 1.5 tbsp juice/ fruit puree. As a glass there are for example carrot-potato-organic-beef-pap. The amount remains at about 200 g.

The first baby food is now fully introduced and can replace the nursing/ bottle meal at noon.

This meal will last until the end of the first year of life. Instead of the carrot-potato mixture, other types of vegetables can be selected, for example parsnip, pumpkin, fennel, courgette, cauliflower or broccoli. Use bony-free fish instead of meat 1 to 2 times per week.

### If you want to cook yourself: basic recipe for one portion

100 g	<b>vegetables</b> (carrots, parsnips, squash, fennel, courgette, cauliflower or broccoli)
50 g	<b>potatoes</b> without shell (pasta, rice or other cereal types for the potatoes, cooked)
30 g	lean <b>meat</b> , e. g. pork, beef, poultry, lamb or <b>fish</b> : e. g. herring, mackerel, salmon (rich in fat) or sole, haddock, saithe, cod (low-fat)
1.5 tbsp	vitamin C-rich <b>fruit juice</b> or <b>puréed fruit</b> as a dessert
1 tbsp	<b>canola oil</b>

Wash the vegetables, peel the potatoes and cut into small pieces. Braise the vegetables with the finely chopped meat (or fish) in a small amount of water (approx. 10 minutes). Purée together with the juice. Mix in the canola oil. Add some water if the baby food is too solid. Please do not taste with salt or other spices!

If you cook and breastfeed **exclusively**, give your child 50 ug iodine per day as a nutritional supplement.

### Beverages:

From the first baby food, you can offer drinks to your baby and it can practice drinking from a cup.

The best drink is **water** (alternatively unsweetened tea).

From the third pap (cereal-fruit baby food in the age of 7 to 8 months), your baby needs additional drinks (water), in addition to breastmilk or bottle milk, about 200 ml per day - with meals and in between.

### Further reading and references

"The best food for babies" (aid info service, 6th edition, 2016)

"Nutrition of babies - recommendations for the 1st year of life" (Federal Center for Nutrition, 4th ed., 2017)

[www.gesund-ins-leben.de](http://www.gesund-ins-leben.de)

App: „Baby und Essen“ („Baby and Food“)

[www.bzfe.de](http://www.bzfe.de)

App: „Kind und Essen“ („Child and Food“)

[www.ble-medienservice.de](http://www.ble-medienservice.de)