

# Infant and toddler nutrition

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## Milk and other dairy products

Breast milk is the recommended form of nutrition for infants. Babies do not need to eat or drink anything besides breast or formula milk up to the age of 4-6 months. Breastfeeding can also be continued after the introduction of solid food for as long as both mum and child desire.

**From the age of 6 months:** a small amount of plain yoghurt can be added to pureed fruit, or cow's milk (whole or semi-skimmed) can be added to baby porridge.

**From the age of 1 year onward s:** 3 dairy servings per day (1 serving = 100 ml cow's or goat's milk or yoghurt, 15g of hard cheese or 30g of soft cheese).

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## Liquids



Water or unsweetened home-made herbal tea, other drinks in moderation. Avoid sweetened drinks: they cause tooth decay and contribute to obesity.

As soon as the child starts drinking the recommended daily amount of milk, then night bottles should be eliminated.

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## Vegetables

Depending on the season: carrots, courgettes, fennel, pumpkin, lettuce, turnip, beetroot, spinach, chicory, aubergine, Swiss chard, broccoli, tomatoes, cabbage, leeks, beans, asparagus, etc.



## Carbohydrates

From the 5th month at the earliest and the 7th month at the latest, introduce carbohydrates. Start with potatoes, then vary by offering different porridges (millet, wheat, spelt, oats, etc.), pasta, bread, rice.



## Raw or cooked fruit

Depending on the season: banana, apple, pear, apricot, peach, melon, plum, berries...



## Fats

Add rapeseed oil ("colza") or cold-pressed olive oil to already cooked food (1-2 teaspoons per day).





## Protein sources

Meat (poultry, veal, beef, horse, etc.). Fish (trout, plaice, halibut, scorpion fish, sardines, salmon, local fish, perch fillets, etc.), pulses (lentils, chickpeas, kidney beans, etc.).



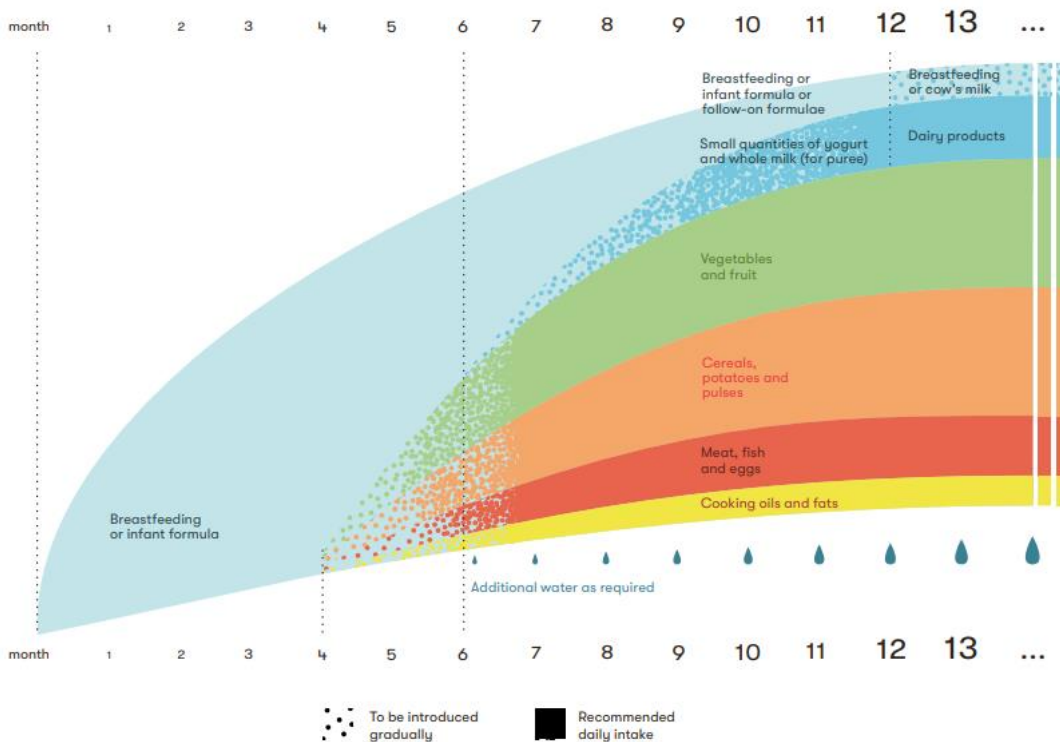
From the age of 6 months, it is important to start introducing meat or fish or eggs (hard-boiled), or tofu or soya-based products. About 1 teaspoon per day to begin with, increasing up to about 1 tablespoon per day of any protein source.

### Important

- A vitamin D supplement is essential from birth. After the first year, dosage should be discussed with your paediatrician.
- No salt or sugar should be added to an infant's food. Herbs and spices can be used to season the food. Be aware of hidden salts (e.g. stock cubes).
- After the age of one, if salt is used, it should be iodised and fluoridated.
- Introduce new foods gradually.
- The texture of food that the child eats changes along with their dental development and appetite. You can suggest that the child eat soft foods with their fingers.
- The amount of food that a child eats can vary greatly from one day to the next, without this being a cause for concern.
- The child belongs at the family dinner table, from as early on as possible.
- For the sake of a balanced diet, fatty foods (fried foods, cold cuts, etc.) should be avoided.
- Home-made purees can be kept for up to 24 hours in the refrigerator or frozen for a maximum of 2 months, as soon as they have cooled. They should then be reheated preferably in glass, stainless steel or ceramic containers, etc.

Further info : [www.bonappetitespetits.ch](http://www.bonappetitespetits.ch)

# Introducing Foods to Infants



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