

**EARLY INFANCY DIET CHART**

EXCLUSIVE BREASTFEEDING UNTIL 4 TO 6 MONTHS OF AGE			PARTIAL BREASTFEEDING UNTIL 12 MONTHS OF AGE		
MEALS	0-4 mths	4-6 mths	6-8 mths	8-10 mths	10-12 mths
Meal 1	Breastmilk as per the baby's breastfeeding rhythm.	Alongside breastfeeding, small sample portions of solids can be offered: vegetables, berries and fruit.  Grain products, meat, fish and egg no earlier than 5 months of age.	BM, wholegrain porridge + berries/fruit	Wholegrain porridge + berries/fruit, BM	Wholegrain porridge + berries/fruit, BM
Meal 2			BM, meat/fish/egg/legumes* + potato/grain products + vegetables	Meat/fish/egg/legumes + potato/grain products + vegetables, BM	Meat/fish/egg/legumes + potato/grain products + vegetables, BM
Meal 3			BM, berries/fruit	Berries/fruit, BM	Berries/fruit, bread, yoghurt/fermented milk products, BM
Meal 4			BM, potato/grain products + vegetables	Meat/fish/egg/legumes + potato/grain products + vegetables, BM	Meat/fish/egg/legumes + potato/grain products + vegetables, BM
Meal 5			BM, wholegrain porridge + berries/fruit	Wholegrain porridge + berries/fruit, BM	Wholegrain porridge + berries/fruit, BM
When there is no breastmilk available, infant formula until 12 months of age. Vitamin D supplement from 2 weeks of age until 18 years of age throughout the year.					

LEARNING-TO-EAT STAGES	Solids are not offered to infants under 4 months of age.	Sample portions are offered after breastfeeding. If the infant is not being breastfed, purées are started at approximately 4 months of age.	Solids for all infants at the latest from 6 months of age. Puréed meals, Finger food from the family meal.	Increase the coarseness of food texture. Finely-grated fresh vegetables.	Family meals, finger food, coarse purées. Start with fermented milk products after 10 months of age as well as foods made with milk.
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\* Well-cooked legumes can be given already from 7 months of age.