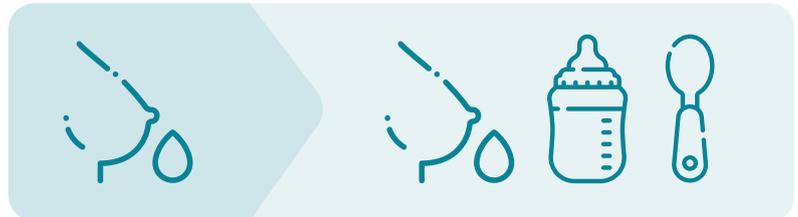


What is weaning/ complementary feeding?



Weaning is the stage at which a **baby's diet gradually changes** from milk only to milk and solid foods, to support adequate nutrient intake for growth & development.



PURPOSE OF WEANING

⚡ Energy and nutrients supply

👄 Experience flavors and textures

🧠 Sensory development

⚙️ Motor skill development

HOW TO START? HELPFUL TIPS!



Start with very little portions



Begin with simple flavors, for example:



Infant cereals



One type of pureed fruit or vegetable



Let your baby touch the food, it's part of the experience!



Show your baby how to drink water from a baby beaker



Be patient! It can take up to **10-15 times** before a baby accepts a new flavor!

The importance of a balanced and healthy diet from early childhood



Dietary habits and taste preferences are formed at young ages and may persist into later years. It is advisable to offer your baby a healthy and varied diet from the beginning of the weaning stage.

FOODS GIVEN DURING WEANING

Complementary feeding can be started with any food group (cereals, fruits, vegetables, legumes, meat, fish...):

 Infant cereals	 Mashed or puréed cooked vegetables	 Mashed ripe fruit
 Well-cooked and grain-based foods like rice, noodles, oat, maize...	 Puréed and well-cooked meat and fish	
 Soft cooked and puréed or well mashed legumes	 Full-fat dairy products with no added sugars	

Recommendations at the beginning of the weaning:

Offer foods rich in iron and zinc as a priority.

Introduce foods one-at-a-time, with intervals of a few days, to observe tolerance and acceptance.

Progressively increase the texture of the food and start with lumpy and semi-solid textures as soon as possible (no later than 8-9 months).

FOODS TO AVOID



Salt: adding salt is not needed for your baby, let your baby experience true flavors as salt can be harmful for the baby's kidneys.



Sugar: the same holds true for sugar, which can encourage a sweet tooth and lead to tooth decay.



Honey: it is not safe for babies < 1y because occasionally it contains harmful bacteria.



Whole nuts, grapes, snacking tomatoes: although they are very nutritious, these foods may pose a choking hazard for children < 5y. Give them only grounded or cut lengthwise (avoid rounded cut).



Fish: not all fish is safe for babies, please avoid raw shellfish and predatory fish such as swordfish, red tuna, shark and marlin that may contain too high doses of mercury.