



Sample menu

> 7 months

Breakfast

- Follow-on milk as porridge with 180 cc of water and 6 scoops of formula and cereal porridge (age-appropriate)
- Or a slice of 1 to 2-day old light brown bread with breast milk or a cup of follow-on milk (100cc)

Snack

- Breast milk, lukewarm tea (without sugar) or water
- Fruit

Lunch

- A slice of light brown bread of 1 to 2 days old with breast milk or a cup of follow-on milk (100cc)
- Or follow-on milk as porridge with 180 cc of water and 6 scoops of formula and cereal porridge (age-appropriate)

Snack

- Rice cracker, a piece of toasted brown bread, a bread crust or bread stick
- Breast milk, lukewarm tea (without sugar) or water

Dinner (salt-free)

- 3 tablespoons of vegetables
- 2 tablespoons of rice, potatoes or beans
- 1 tablespoon of meat, chicken, fish, or half an egg (all boiled until the age of 1)
- Dessert of 100 cc skimmed or semi-skimmed yoghurt (from 8 months)

Before bed

- Breast milk or follow-on milk with 180 cc of water and 6 scoops of formula

Tips

- Feed porridge from a bowl with a spoon
- Only feed porridge once a day
- Bread toppings: butter + pureed fruit, cheese spread, sausage spread, apple syrup
- Until the age of 1, try not to feed your child more than 1 or 2 slices of bread with cheese spread and liverwurst per week
- No honey until the age of 1
- A child starts to learn to chew around 8 months, even if they do not yet have teeth. It is important to practice this and to no longer offer food pureed or finely mashed but in bigger pieces. Let your child get used to the bigger pieces slowly. Always stay with your child when they are eating. Before you give your child bigger pieces of food, they must be able to sit up, swallow and chew properly
- From 8-12 months, you can teach your child to drink from a regular cup
- Offer a new dish several times so that your child can get used to the taste
- Vary with different types of spreads, fruit, snacks, vegetables, meat/chicken/fish and potatoes/rice/beans
- Do not offer rice products every day (e.g., rice crackers)
- Total of milk and milk products between 500-600 cc
- Give your child extra vitamin D (10 micrograms per day) until the age of 4
- As a parent, you decide **what** and **when** your child eats, and your child determines **how much** they eat

- Some children will be able to eat more than others
- The amount of milk formula is another example of this. Some children will drink a smaller amount more often
- Breastfeeding can continue on request, in addition to solid food
- See the Nutrition Centre website (www.voedingscentrum.nl) for further information

There is no single menu that all children should adhere to. Every child is different and has their own learning process, which includes food. The child healthcare centre will provide personal advice tailored to your family and your child's growth and development. If you have any questions about nutrition, please contact the child healthcare centre.

Visit www.voedingscentrum.nl (under 'Mijn kind en ik') for a variety of practical tips and sample nutrition plans.

