

Sample menu

6 months



With practice snacks, your child has been able to get used to different flavours and eating with a spoon. From 6 months, breastfeeding or bottle feeding is gradually replaced by real meals. Around their first birthday, your child will eat meals with you.

You will gradually replace breast or bottle feeding with solid food. Getting used to solid food must go at your child's pace. Do not compare your child to other children. Trust in yourself and your child. If you have any doubts, discuss them at the child healthcare centre.

Breakfast

- Breast milk or follow-on milk as porridge with 180 cc of water and 6 scoops of formula (for porridge: fine grains)

Snack

- Lukewarm tea (without sugar) or water
- Fruit

Lunch

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

Snack

- Lukewarm tea (without sugar) or water

Dinner (salt-free)

- 3 tablespoons of vegetables
- 1–2 tablespoons of rice, potatoes or beans
- 1 tablespoon of meat, chicken, fish, or half an egg (all boiled)

Before bed

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

Tips

- Feed your child porridge from a bowl with a spoon.
- Start with soft vegetables or fruits such as cauliflower, broccoli, carrots, melon, pear or peach.
- Let your child feel, touch and taste the food so they also get to know the texture of the food.
- Offer a dish several times so that your child can get used to the taste.
- Don't offer rice products every day.
- Vary a lot with different types of vegetables, meat/chicken/fish and potatoes/rice/beans.
- Give your child extra vitamin D (10 micrograms per day) until the age of 4.
- Some children will be able to eat more than others.
- Milk formula is another example; some children will drink a smaller amount more often. At 6 months, you will mainly be feeding practice snacks, which will be built up into a meal from 7 months. The time it takes differs per child.

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.