

ARTIFICIALLY FEED CHILDREN (FEEDING WITH FORMULA)

1 mc milk starter 7x 100 ml

2 mc infant milk 6x 120 ml

3 mc infant milk 6x 130 ml

4 mc infant milk 6x 150 ml

5 mc -5 portions of 180 ml each:

- 4x baby milk
- 1x vegetable puree soup
- scraped apple or juice (preferably puree) - 50-100 g

6mc-5 portions of 180 ml each

- 4x infant milk
- 1 soup: vegetable puree + 10 g of cooked meat (without stock) or fish (1-2 times a week)
- fruit puree or juice (preferably puree), no more than 150 g
- introduction of gluten: 1 x daily half a teaspoon (2-3 g) of gluten porridge per 100 ml (for soup, milk or fruit)

7 months-5 meals

- 3x 180 ml follow-up milk
- 1 x soup: vegetable puree + 10 g of cooked meat or fish (1-2 times a week) + 1/2 egg yolk every other day
- 1x 150 g gluten-free milk porridge or milk and fruit dessert
- fruit puree or juice (preferably puree), no more than 150 g
- introduction of gluten: 1 x daily half a teaspoon (2-3 g) of gluten porridge per 100 ml (for soup, milk or fruit)

8 months-5 meals

- 3x 180 ml of follow-up milk
- 1 x soup: vegetable puree + 10-15 g of cooked meat or fish (1-2 x per week) + 1/2 egg yolk every other day
- 1x150 g gluten-free milk porridge or milk and fruit dessert

- fruit puree or juice (preferably puree), no more than 150 g
- introduction of gluten: 1 x daily teaspoon (6 g) of gluten porridge per 100 ml (for soup, milk or fruit)

9 months -5 meals

- 2 x 200 ml follow-up milk
- 1x 200ml vegetable-meat or vegetable-fish dish (1-2 times a week) + ½ egg yolk daily
- 1x 200 ml of gluten porridge with follow-up milk or/and a milk and fruit dessert
- fruit puree or juice - no more than 150 g

10 mc 4-5 meals

- 3x 200 ml milk meal combined with cereal products (follow-up milk, gluten-free and gluten-free milk porridges, biscuits, rusks)
- lunch meal: 1x vegetable soup with gluten porridge
- 1x 200 ml vegetable and meat dish (15-20g) or vegetable and fish dish (1-2 times a week) + 1/2 egg yolks daily
- 1x 200 ml of gluten porridge with follow-up milk and/or milk and fruit dessert
- fruit puree or juice - no more than 150 g

11 months -4-5 meals

- meals as in the 10th month
- whole egg 3-4 x / week
- dairy products: cottage cheese, kefir, yogurt - several times a week