

NATURALLY FED CHILDREN (BREASTFEEDING):

0-6 months - breast milk on demand

7-9 months -breastfeeding on demand plus complementary meals - initially 1x and at the end of the 9th month 2-3x

- vegetable soup or vegetable puree with cooked meat (1-2 times/week) - without broth, with gluten-free cereal gruel - 2-3 g (half a teaspoon) per 100 ml of puree and with 1/2 egg yolk every other day (from 7 months of age)
- gluten-free cereal porridge or gruel (rice or corn) or gluten-free
- fruit juice (preferably puree, unclarified) or fruit puree (no more than 150 g/day)

10 months -breastfeeding on demand plus 2-3 complementary meals

- 2-course dinner: vegetable soup with gluten-free porridge² + vegetables with boiled meat (1-2 times/week), 1/2 egg yolk with meals every day
- Gluten and gluten-free porridges and gruels, a small amount of bread, sponge cakes, rusks
- fruit puree or juice (no more than 150 g/day)

11-12mcy -breastfeeding on demand plus 3 complementary meals

- 2-course dinner: vegetable soup with gluten porridge + vegetables with boiled meat (1-2 times/week), optionally with potato or rice and a whole egg (3-4 times/week)
- cereal products (gluten and gluten-free porridges and gruels, bread, biscuits, rusks) combined with dairy products (e.g. infant formula, cottage cheese, yogurt, kefir - several times a week)
- fruit puree or juice (no more than 150 g/day)