

The best food for babies



Baby food in the 1st year of life

Dear parents,

The birth of your child marks the start of a new and exciting phase in your life, one that will involve many changes.

Your baby is developing at a phenomenal rate and a lot is happening in terms of nutrition too. Here are the important things to bear in mind when it comes to ensuring that your baby is properly cared for.

Your *Healthy Start Network*



Acquiring a taste for it

Babies get their initial experiences of food in the womb, as some flavours from the mother's food pass into the amniotic fluid.

That continues during breastfeeding. The flavours in breast milk change depending on what the mother has eaten. The wider the variety of foods eaten, the more flavours the baby will get to know. The child may well then go on to eat a wide array of dishes later on and try new foods too. By contrast, industrially produced bottle milk always tastes the same.



Breastfeeding is accompanied by baby food. In addition to liquid food, your baby will now be eating puree or other soft foods for the first time. These will get thicker over time until the child is given 'real' food at the dining table. Baby food is another way of introducing your baby to new flavours. It also allows you to vary the consistency of his food.

Eating goes beyond nutrition

Feeding is not just about providing your child with nutrients such as vitamins, minerals and energy. Regular meals and your physical closeness give your baby warmth and security. Thus strengthening the loving bond. Relax and enjoy this time together. Feeding is also a great experience for other caregivers!





Milk only

Breastfeeding: healthy for mother and child

The mother's breast is already capable of producing milk during pregnancy. Thus ensuring that breast milk is available for the baby straight after birth. The first milk after birth is called colostrum. It is particularly effective in building up the child's immune system.

The mother benefits from breastfeeding too. Your uterus will return to its previous size and shape more quickly.

Breastfeeding women have a lower risk of breast and ovarian cancer.

Breast milk – always suitable for the baby

Breast milk provides your baby with all the important nutrients he needs to grow and develop properly. Your milk continuously adapts to the quantity and composition that your child needs. Hence breast milk optimally satisfies hunger and quenches thirst at the same time.

Any questions on breastfeeding?

Seek advice from your midwife. Ideally from the outset. All statutory health insurance companies cover the cost of the assistance. Gynaecologists, paediatricians and lactation advisors also offer information and advice on breastfeeding (see page 15).

How often should I breastfeed?

How often and for how long a child feeds at the breast is up to them. In other words, the number of feeds on the breast per day and the duration of a single feed will depend on your baby's personal needs. During the first week of life, it is normal for your baby to want to breastfeed again after 1 to 3 hours. Frequent breastfeeding increases your milk supply.

Did you know?

At birth, a baby's stomach is the size of a cherry. Which is why the baby will drink small amounts more frequently, even at night, because the stomach can only accommodate a small amount of milk for each meal.

How long should I breastfeed overall?

Breastfeeding is recommended for all babies in the first six months. Breast milk will ensure that your child is fully nourished until the introduction of baby foods and that no supplementary nutrition or liquids are required. Breast milk is also the first choice for premature or sick babies – with only a few exceptions, which your doctor will inform you about if need be.

If possible, breastfeed exclusively until at least the beginning of the 5th month. Continue breastfeeding once your baby starts on baby foods. You and your baby decide how long to breastfeed for in total.

If you cannot or do not want to breastfeed exclusively, you can also partially breastfeed your child. All breastfeeding is worthwhile.



*Your baby will make clear when he is hungry.
Find out more: gesund-ins-leben.de/hungerzeichen*

If you are not breastfeeding...

Unable or unwilling to breastfeed your baby?

Then prepare bottle milk from industrially produced powdered formula. Home-made bottle feeds made from milk or other raw ingredients are unsuitable.

Pay attention to the quantity:

The measuring spoon should only ever be level (not heaped).



Bottle milk for the whole 1st year of life

The first thing your baby will receive is infant formula. It will be labelled 'Pre' or '1'. You can use it to feed your baby from birth and continue to do so throughout the 1st year of life, even after introducing puree. You can give bottle milk just like breast milk, as often and as much as your baby wants. Follow-on formula (with the number 2) can be given to your child no earlier than when you are introducing baby foods. However, it is not necessary to switch from infant formula to follow-on formula.

Give infant formula exclusively until at least the beginning of the 5th month if you are not breastfeeding. Your baby will not need any other milk, water or juices. Continue to give bottle milk once you are introducing baby foods.



You can find information on bottle milk, such as risk of allergies, at gesund-ins-leben.de/baby

Ask your paediatrician or midwife if you are unsure which food is suitable for your baby.



Special food only on medical advice

If your baby has frequent bloating, cramps or constipation, burping or vomiting, please consult your paediatrician. Only give your baby special food if advised to do so by a doctor.

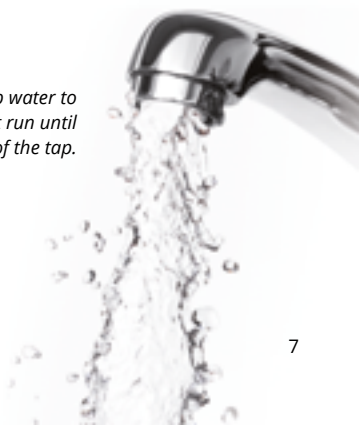
How many bottles?

When, how often and how much you feed will depend on your baby's hunger. Pay attention to baby's signals. The manufacturer's information on the packaging serves as a guide. Do not be swayed by the recommended quantities or the calibration marks on the bottle. If your baby turns away from the bottle – even if it is not empty – then he has had enough. If he refuses the bottle right at the outset, he is not hungry yet. If he looks happy and is gaining weight, he is getting enough food. In the first few weeks, your baby will drink small amounts more frequently, including at night, because only a little milk each feed will fit in his stomach, which starts off small.

Bottle milk preparation:

- Always prepare these fresh, just before feeding.
- The water should be lukewarm when shaking the bottle (maximum 40 °C). Thus preventing scalding.
- Throw away any leftovers. Do not reheat anything.
- Rinse and clean the bottle and teat thoroughly straight after each feed and allow both to dry thoroughly.

It is best to use tap water to make bottle milk: let it run until cold water comes out of the tap.





Baby food/puree added

Ready for puree?

The exact timing for the first puree will vary from baby to baby. But you will notice when your baby is ready: he will show an interest in what other people are eating. He will be able to put things in his own mouth and will not push the puree out with his tongue. He will be able to keep his head upright and stable if you support him in a sitting position. It will be time for the first spoonful of puree no earlier than the start of the 5th month and no later than the start of the 7th month. Continue breast-feeding the remaining meals whilst introducing the puree. The same applies to bottle milk.

Step by step to the first puree

The first puree will be vegetable, potato and meat/fish puree or vegetable, potato and cereal puree. Start with a few spoonfuls of vegetable puree before the midday milk meal. If this works well, you can gradually move on to full puree. Your baby will continue to receive breast milk or bottle milk with the other meals. You can cook the puree yourself or buy it ready-made.

Be patient!

If your baby has great difficulty getting used to eating from a spoon, he may not be ready for this step yet. If that is the case, take a break and try again with the spoon after 1 to 2 weeks. Some babies find it difficult to get used to a new flavour. These children need to try a new ingredient more often before they like it.

Vegetable, potato and meat/fish puree

For one portion

Basic recipe

- 100 g vegetables (e.g. cauliflower, carrot, courgette)
- 50 g potatoes
- 30 g lean meat (e.g. beef, poultry) or oily fish (e.g. salmon)
- 1 tbsp rapeseed oil
- 1½ tbsp fruit juice (or fruit puree for dessert)

Preparation



1. Clean the vegetables and peel the potatoes, cut into small pieces.



2. Cook with finely chopped meat in a little water (approx. 10 minutes).



3. Puree along with the juice.



4. Stir in the rapeseed oil. If the puree is not soft enough, add a little water.

Vegetable, potato and cereal puree

If you are keen to avoid meat in your puree, replace it with wholemeal cereals.

For one portion

Basic recipe

- 100 g vegetables
- 50 g potatoes
- 10 g wholemeal cereal flakes (e.g. oats, millet)
- 1 tbsp rapeseed oil
- 3½ tbsp fruit juice (or fruit puree for dessert)

Preparation

1. Clean the vegetables and peel the potatoes, cut into small pieces.
2. Cook the vegetables and potatoes in a little water (approx. 10 minutes).
3. Add wholemeal cereal flakes.
4. Puree with the juice. Stir in the rapeseed oil. Add water if the puree is not soft enough.

Tip

- Alternate vegetables.
- Replace meat with fish once or twice a week.
- You can replace the potatoes with pasta, rice or other cereals.
- Do not add salt or sugar to the puree, even if it is too bland for your taste.
- If your breastfed child is only being given home-cooked baby food, he will need additional iodine in tablet form on a daily basis.

If you are feeding your baby ready-made puree...

Choose purees that contain the main ingredients from the basic recipe: vegetables + potatoes + meat/fish or cereals. Instead of potatoes, other side dishes such as pasta or rice can be included.

Milk and cereal porridge

If your baby takes well to the 1st puree, give him the 2nd baby food about a month later. Milk and cereal porridge is suitable for the evening, for instance.

You can make the milk and cereal porridge yourself or buy it ready-made. It all depends on the composition.

If you are feeding your baby ready-made porridges, make sure that milk (or: milk powder) and wholemeal cereals are the main ingredients.

Not too sweet, please!

The milk and cereal porridge will only taste a little bit sweet. Do not sweeten the porridges. Avoid honey in the 1st year of life.

Leftovers – no problem!

Babies know for themselves when they are full.

Do not force your baby to finish his plate or bottle: if

your baby stops eating

prematurely, 1 to 2 attempts are enough encouragement.



Basic recipe: milk and cereal porridge

For one portion

- 200 ml whole milk, 3.5% fat (no raw milk)
- 20 g wholegrain cereal (or cereal flakes) or semolina
- 2 tbsp fruit juice or mashed fruit

Preparation



1. *Stir cereal flakes into cold milk and semolina into boiling milk.*



2. *Bring to the boil and simmer for approximately 3 minutes.*



3. *Stir in the fruit juice or mashed fruit.*



4. *Leave to cool for a while - and it is done.*

Tip

- Use whole milk. Babies need a little more fat in the first year of life.
- You can also use infant formula instead of milk.

20 g wholemeal cereal flakes correspond to approximately...

2 heaped tablespoons of rolled oats, spelt flakes or 1 heaped tablespoon of wholegrain semolina



Cereal and fruit puree

After another month or so, replace the afternoon meal (breastfeeding or bottle feeding) with the cereal and fruit puree. Continue breastfeeding in the morning and as required.

The best drink: drinking water

Once your baby is eating 3 purees a day, he will need drinks in addition to breast milk or bottle milk: drinking water. You can also give your child something to drink sooner if need be, such as if he has a fever or diarrhoea.



Learning to drink

Initially, fill the drinking vessel almost to the brim so that the baby's upper lip is moistened straight away. This automatically opens its mouth.

Continuous sucking and bottle feeding a baby to sleep with milk and other sugary drinks can damage the teeth. Give your baby water, preferably in a cup or mug.



The older your baby gets, the more he will be willing and able to move around and try things out. This is necessary for healthy development.

Basic recipe: cereal and fruit puree

For one portion

90 ml	water
20 g	wholegrain cereal (or cereal flakes) or semolina
100 g	mashed, finely chopped or pureed fruit (e.g. apple, pear)
1 tsp	rapeseed oil

Preparation



1. *Stir cereal flakes into cold water and semolina into boiling water. Bring to the boil and simmer for approximately 3 minutes.*



2. *Add fresh, pureed fruit.*



3. *Stir in the rapeseed oil.*



4. *Leave to cool for a while - and it is done.*

Tip

- One variety of cereal and one variety of fruit per meal will be enough.
- Alternate the fruit: apple, pear, banana, peach, nectarine and apricot are well tolerated.

If you are feeding your baby ready-made purees...

Choose purees that contain the main ingredients from the basic recipe: wholemeal cereals + fruit.



Time for family dinner

Learning to eat

Take your time feeding your child.

Your baby really enjoys it when you give him your full attention. Look at your baby whilst feeding and talk to him. You will see that your baby will show you whether he wants to continue eating or is already full. Give your baby variety when it comes to fruit and veg so that he gets familiar with a wide array of flavours at an early age. Offer new foods several times, though without forcing these on him. Sometimes children need time to get used to a new flavour. Your baby will soon hold the spoon and bring it to his mouth himself. Let him do this himself as much as possible and support him in the process.

Kicking, crawling, climbing

Babies want to move around a lot.

It encourages their development.



Pay attention to your baby. He will show you if he wants to kick or move. Give him as much opportunity as possible – this could be during nappy changing and bathing or in a safe spot on a blanket on the floor. Leave your baby in the car seat, pram, high chair, etc. for as short a time as possible.

Screen – no thanks!

Everything is new and exciting for babies. They discover the world by touching, pulling themselves up and crawling. Encourage this urge to move and avoid letting your baby get distracted by the TV, tablet PC or smartphone. Singing aloud and talking lovingly are good ways to calm him down.

Advice and help



Simply scan the QR code for addresses and information on advisory services.

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beratungsangebote-stillzeit



Imprint

0329/2025

Publisher:

Federal Office for Agriculture and Food (BLE)
President:
Dr Margareta Büning-Fesel
Deichmanns Aue 29, 53179 Bonn
Telephone: 0228/6845-0
www.ble.de, www.bzfe.de

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Graphic design:

Lena Aßmann, Liquid Impressions KG

Printing:

Kern GmbH, Bexbach

Pictures:

Fotolia: Vojtech Vlk: 1, Vlad Gansovsky: 2, 4, monkey business: 2, rohappy: 3, Oksana Kuzmina: 3, Nadezhda Zaitceva: 5, JBryson: 6, Fillipebvarela: 7, YsaL: 8, JenkoAtaman: 8, Galbraith: 10, eyetronic: 11, Subbotina Anna: 14, Oksana Kuzmina: 14, Arcurs: 15; mauritius images: 2, 8; colourbox: 10, 12; istock: edgardr: 12; Klaus Arras: 6, 9, 11, 13

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12th edition

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The *Healthy Start Network* is part of the Federal Centre for Nutrition (BZfE) and falls within the remit of the Federal Ministry of Agriculture, Food and Regional Identity (BMLEH).

Eine Einrichtung im Geschäftsbereich des



Bundesministerium
für Landwirtschaft, Ernährung
und Heimat





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