

demeter



**Holle**  
biodynamic  
since  1934

**SIMPLY  
CONVENIENT:  
TEAR-OUT  
WEANING  
PLAN**



**From exploring to enjoying  
and discovering new tastes.**

**All about eating in the first year**

A photograph of a baby crawling in a grassy field, looking up and to the left. The baby is wearing a white t-shirt and colorful shorts. The background is a soft-focus green landscape with trees.

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TEAR-OUT  
WEANING  
PLAN



# Holle

## Dear parents,

**Just take a moment: doesn't it feel like yesterday that your newborn baby was placed in your arms?** And now, only a few months later, you have a little person before you who wants to discover the world of food and enjoyment for themselves. With a little help at first, but soon completely independently with their spoon in their little hand and their fingers on a voyage of discovery. We will be by your side for this journey into self-sufficiency for your baby, bringing clarity to this weaning jungle and letting you know what really matters.

Stay relaxed and confident: every child will learn to eat. Your baby will thank you for beginning the weaning process patiently and calmly. Our little ones have their own pace for approaching diversity and variety – give them the time and allow them the joy of discovery. Because when it comes to learning to eat, it's not just about a full tummy; it's also about learning to taste, about the pleasure, the sensory experience and excitedly and casually trying things out with enjoyment and curiosity.

**The Holle team wishes you bon appétit**



## Important note

Breastfeeding is the best thing for your baby because breast milk provides your child with all the important nutrients they need for growth and development. A wholesome diet for the mother during pregnancy and lactation is particularly important. If breastfeeding is not possible or is not sufficient, infant formula can be used. Please be aware that an increase in the provision of infant formula can be detrimental to milk production. If you make the decision not to breastfeed your baby, it is physiologically difficult to undo this decision. If infant formula is used, we would like to point out that it is important for the health of your baby to precisely follow the directions for preparation and storage.



LESS IS MORE

## An unadulterated experience

**Did you know? By law, infant foods must not contain preservatives, colouring or artificial flavours.**

Holle consistently pursues this approach; we also avoid the use of added granulated sugar, salt, spices and the addition of natural flavours in all of our infant products. We have deliberately chosen to focus on the essentials so that our children can experience the unadulterated flavour.



### Strictly scrutinised

Products for children under three years of age are subject to special contaminant checks and must comply with stricter limits than conventional products in accordance with legal requirements. Holle scrupulously adheres to this for each raw material and each batch, and is subject to regular checks by independent institutes. You will recognise our premium baby quality products by an age recommendation on the packaging.

### Holle wants the very best for your baby.

- ✓ Grain products in organic wholegrain quality
- ✓ Products with only one to three grain varieties
- ✓ Selected recipes with just a few ingredients

## THE SIX PRINCIPLES BEHIND OUR THOUGHTS AND ACTIONS

# Sustainable from the beginning

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**The ear of a corn perfectly symbolises how we view the concept of sustainability. It represents the origins of the Holle brand, which started processing grain in line with biodynamic standards over 85 years ago. It is also used in our company logo. The ear also represents the fruit that can be grown thanks to our holistic, future-oriented thinking and action: a sustainable, social and fair future.**

From the beginning, we have supported pregnant women and young families from the infant years to nursery – and sometimes even beyond. Pure recipes without additives, raw materials from organic farms with whom we maintain long-term, fair partnerships, as well as protecting the soil, animals and the environment. We feel profoundly committed to all these principles. Like the grains of an ear of wheat, they are tightly interwoven.

We are thus convinced that we can only be useful and sustainable if we respect this holistic nature and live it as a company philosophy.

For us, this means being  
**Sustainable from the beginning.**



## HIGH QUALITY

# Holistically natural

**Holle is the first Demeter manufacturer for baby food. What makes Demeter special: a vibrant circular economy and especially gentle handling of raw materials.**

In Demeter farming, the holistic quality of the products takes centre stage; this is verified by independent institutes with the strictest guidelines for organic cultivation. For Demeter farmers, their farm is a living entity in which humans, animals, plants and healthy soil interact as a natural cycle. The soil has a particular role to play: its quality is maintained without chemical herbicides and pesticides thanks to natural manures. With biodynamic supplements, the farmers ensure its healthy fertility without exploiting it.

### What matters

Demeter products are also characterised by especially gentle processing of raw materials. The high quality of the locally and seasonally harvested raw materials should be maintained after processing. The use of chemical additives of any kind is excluded.


The Demeter logo consists of the word "demeter" in a lowercase, sans-serif font. The letters "d", "e", and "m" are white, while "t", "e", and "r" are orange. The logo is set against a dark orange rectangular background with a white border.

### What makes Demeter so special?

Demeter is the trademark for products from biodynamic farming. Only strictly controlled contract partners may use it. The Demeter guidelines go far beyond those of controlled organic farming.

- ✓ Natural cycle management without exploitation of the soil
- ✓ Quality instead of quantity
- ✓ Animal welfare
- ✓ On-site cultivation of open-pollination fruit and vegetable varieties
- ✓ Natural manures and rejection of all chemical herbicides and pesticides
- ✓ Especially gentle processing of the raw materials without any chemical additives





Demeter is the first organic farming association to develop guidelines for plant cultivation and certifies biodynamically cultivated vegetable and grain varieties. The cultivation of open-pollination varieties is so important to Demeter because these plants are especially robust and stand out thanks to their diversity, flavour and regional adaptability.

## THE FIRST PUREE

# Ready to go? Of course!

**Breastfeeding is the best thing for the child! If it is possible for you, try to give breast milk exclusively for the first four to six months.**



### **Continue breastfeeding**

To start with, you should continue breastfeeding or offering a bottle after each puree meal until the meal substitutes the milk feed. Breastfeeding continues as required and as long as you and your baby want it to.

During this time, the digestive system slowly matures and prepares itself for solid food. Weaning is recommended after completion of the fourth month of life for children born at term. But purees should be introduced by the start of the seventh month at the latest.

### Only puree instead of milk?

No! Weaning means giving an additional food alongside milk. Not all babies will be satisfied by their mother's milk or infant formula alone after the first six months. In addition, babies have increased nutritional requirements when they enter the second

six months of life. For example, their need for iron is as high as it will ever be again in their life. The need for zinc is also higher. Well-balanced weaning foods must cover this.

### No hurry

Not every child is ready for an early start. It is more important to pay attention to the child's signals than to count the weeks. Each child is different and will show a clear interest in eating to a greater or lesser extent: let me try, too!

### Step by step

Build up the food slowly, because it is not only your child's digestion that needs to adapt, but also your own body's milk production. As soon as a milk feed is replaced, an additional puree can be introduced around three to four weeks later.

**Week 1:** Begin with two to three tsps of pure vegetable puree and increase the quantity up to 100 g.

**Week 2:** Add around 50 g of potatoes and one tbsp of weaning oil to the vegetables.

**Week 3:** The puree is completed with 20 to 30 g of meat. For dessert, a little fruit puree or fruit juice can be mixed into the puree.

### Possible signs of maturity for weaning

- ✓ The baby reaches for food.
- ✓ They follow the spoon as it moves from plate to mouth.
- ✓ They smack their lips with interest and chew.
- ✓ The puree is no longer pushed out of the mouth with the tongue.
- ✓ The child sits upright (with little support) for a short time.
- ✓ They open their mouth when the spoon approaches.



**FROM PUREE TO FINGER FOOD**

**On your spoons,  
get set, go!**

**What a milestone in baby's develop-  
ment: the first spoonful of puree.**

Anyone who remembers what it was like to taste an exotic fruit for the first time will understand a little about what is happening in their baby's world. Each bite is a real explosion of flavour. Babies have more than three times as many taste buds as adults and taste the food much more intensely. Less is therefore more. Babies don't miss sugar, salt or other spices and only want them if they are used to them. Getting to know the pure, unadulterated taste of the ingredients is what it's all about in the first year.

### Finger food instead of spoons?

Some babies won't get on with puree. For these generally very curious little people, finger food is often far more interesting. With 'baby-led weaning', our babies decide for themselves what and how much they will eat independently – we offer a small selection in bite-sized, easy-to-grab, soft-cooked pieces. The child can then become accustomed to different textures early on. But never overwhelm them: there is also a risk of choking.

Sometimes the focus tends to be on playing and exploring. While this is important, it also carries the risk that not enough nutrients will be taken on, as a strict application of the method can lead to very low consumption. Better: you can attempt to feed a little

puree alongside; it may be something that will be accepted more readily when combined with finger food rather than simply feeding with a spoon.



### A good spoonful

1. Use a well-rounded non-metal spoon to begin with. It doesn't feel as hard and heats up less with hot food. A heaped spoonful better triggers a baby's swallowing reflex.
2. Avoid distractions and playing. Your child should open their mouth independently and concentrate on the food.
3. Don't despair if your baby refuses the spoon. They probably need a little more time. Wait for one or two weeks until trying again; don't push it.
4. Stay relaxed! Some babies are 'late' eaters, only trying the puree at around nine months, or lead with solid food straight away.

## A winning combination

Ready-made versus home-made puree?

A mix of both is ideal and is completely legitimate given that family life is already chaotic.



**YOU CAN'T GO WRONG**

## Ready-made versus home-made puree

**Was the night short rather than restful? The mountain of laundry is growing? Or you just simply don't feel like cooking? It is, of course, completely fine to offer a ready-made porridge.**

Even for travelling or when you're in a hurry, ready-made food can make life easier. It is so simple and saves time: simply heat the jar in a water bath or add warm milk or water to the cereal or milk porridge. With Holle, you can trust products that are tailored to the age-appropriate needs of the child.

### **Both have advantages**

But what is clear: for your baby to get to know as many flavours and textures as possible, home-made food should also be on the table – with food that is as fresh, local and seasonal as possible. There are no limits to creativity. Children therefore

gradually get to know individual family tastes and, for the chef, a meal can be included at the same time.

### **Sugar and salt – yes or no?**

There is neither granulated sugar nor salt in Holle products for the first year of life. Although sugar is not forbidden in the first year, the recommendation is to avoid it. The reason: consumed regularly, it promotes habituation with sweetness, which, significantly, can lead to weight problems. For this reason, baby should ideally complete their first year sugar-free. What's more, people also become accustomed to salt – in any case, salt is not suitable for little kidneys in the first year; do without it as far as possible.

### **Stocking up**

Cook larger quantities and freeze them pre-portioned. Opened jars can also be frozen or stored in the refrigerator for up to two days.

## SIMPLY MAKE IT YOURSELF

# Basic recipes: let's get cooking!

### Did you know that breast milk is sweet because of lactose?

In order to facilitate the switch to solid food, choose mild and sweet-tasting vegetables to start with (e.g. carrot, parsnip, pumpkin). In addition, low-nitrate varieties such as courgette, cauliflower and broccoli are

recommended. Nitrate-rich varieties such as fennel, beetroot, Swiss chard and spinach should be used immediately and should not be warmed up again.

### Why weaning oil?

Food for infants must have an appropriately high energy level and nutrient density. With their mother's milk, breastfed infants absorb more than half of the nutritional energy from the milk fat. In order to achieve a good supply of energy and essential fatty acids from weaning age, milk-free puree meals should be enriched with a little oil.



*Holle offers a baby weaning oil in organic quality that is characterised by a very well-coordinated fatty acid pattern. In addition to rapeseed and sunflower oil, it contains five per cent precious hempseed oil. This is not only rich in polyunsaturated fatty acids; it contains one fatty acid in particular: gamma linolenic acid. It occurs only rarely in nature, but is also present in breast milk. Our weaning oil is subject to special contaminant checks and, thanks to cold pressing, still contains all the good vitamins and nutrients.*

### 5 × meat

In order to replenish your baby's iron stores, meat is recommended five times a week. The body is best able to absorb animal-based iron. Red meat in particular (e.g. beef, lamb) provides plenty of iron. In addition, fatty sea fish such as mackerel or salmon should be served once or twice a week.



# Recipes

## THE FIRST WEANING MEAL: Vegetables, potato and meat for lunch

90 to 100 g of vegetables  
40 to 60 g of potato  
(alternatively: wholegrain  
pasta or whole rice from  
time to time)

20 to 30 g of meat  
(alternatively: the same  
amount of fish or  
wholegrain cereals)

1 tbsp of Holle weaning oil

2 tbsp juice or fruit puree



Wash/peel all ingredients and cut into 1 cm pieces. Steam the ingredients together for about 10 to 15 minutes with approximately 100 ml of water and add a little cooking water when blending. Stir in the weaning oil and juice or feed the puree for dessert.






### Vegetarian?

Yes, it is also possible to feed your baby a vegetarian porridge as an alternative. To do so, use around two tablespoons of wholegrain cereal flakes and two tablespoons of fruit puree. Vitamin C improves the absorption of iron.

*Alternatively, warm half a Holle meat jar and add weaning oil. As a dessert, feed a few spoonfuls of fruit puree.*



# From the first puree to family foods

	Breastfeeding phase				Introducing weaning foods			
Month	1	2	3	4	5	6	7	8
<b>In the morning</b>					<p>The puree is initially</p>			
<b>First between-meal snack</b>					 <p>Vegetables, potato</p>			
<b>Lunchtime</b>					 <p>Grain</p>			
<b>Second between-meal snack</b>					 <p>Grain meal</p>			
<b>In the evening</b>					<p>Drink: from the third weaning</p>			
	 <p>Approx. 200 ml</p>							

**Important note** Breastfeeding is the best thing for your baby because breast milk provides your child with all the important nutrients they need for growth and development. A wholesome diet for the mother during pregnancy and lactation is particularly important. If breastfeeding is not possible or is not sufficient, infant formula can be used. Please be aware that an increase in the provision of infant

Please note!  
The start of weaning  
is tailored to  
your child.



# Holle

Transition to family foods

Family foods

9

10

11

12

Around the 1st birthday

smoothly blended and then becomes increasingly chunky until it becomes solid food.



Grain meal  
with milk

Milk/milk product with muesli and fruit or bread  
with a topping and diced fruit/vegetable



Grain and  
fruit snack

Rusks or bread and fruit/vegetable pieces

o and grain/meat/fish meal

Vegetable puree, progressing to vegetable puree with  
potatoes or grain porridge, additionally meat puree, fish,  
rice or pasta, egg or pulses

ain and fruit snack

Grain porridge with fruit puree progressing to diced  
fruit/vegetable or yogurt with rusks and fruit

l with milk

Grain porridge with milk progressing to bread with cold  
cuts, cheese or vegetarian spread and fruit/vegetables

meal, water or unsweetened tea should be offered throughout the day.



Approx. 600 ml

formula can be detrimental to milk production. Physiologically, it is hard to reverse the decision to no longer breastfeed your baby once it has been taken. If infant formula is used, we would like to point out that it is important for the health of the baby to precisely follow the directions for preparation and storage.

More info at: [www.holle.ch](http://www.holle.ch)

# Recipes

## THE SECOND WEANING MEAL: Grain porridge with milk in the evening

200 ml whole milk (begin as a half-milk porridge 1:1 with water)  
2 to 3 heaped tbsp (20 g) grain porridge  
1 to 2 tbsp fruit puree

Boil milk with cereals for three minutes and briefly allow to soak. Stir in fruit puree or juice. Or allow dissolvable Holle grain porridges to soak briefly in warmed milk and supplement with a fruit jar or Holle pouch.



*The evening porridge can also be prepared with infant formula or breast milk. The Holle milk grain porridge can be simply mixed with warm water – and you're done.*

## THE THIRD WEANING MEAL: Fruit and grain porridge in the afternoon

90 ml of water  
2 to 3 heaped tbsp (20 g)  
grain porridge flakes  
100 g of fruit puree  
1 tbsp of Holle weaning oil



Boil cereals with water for three minutes so that they break down and are more digestible. Stir in the fruit and weaning oil.



*Alternatively, briefly soak Holle grain porridges in warmed water or mix with a fruit jar or Holle pouch along with weaning oil.*

## Cheers!

Drinking also has to be learnt. Drinks, preferably in the form of water or unsweetened tea, are however only required from the third weaning meal. The recommended serving amount increases from 200 to 600 ml at the end of the first year of life. If it is hot or if your child has a fever, you may serve a little more.





## Prepare a variety

Coarsely or finely grated, boiled, fried, pieces for dipping, skewered, blended into soup, or in sauces and smoothies – something will work.

In addition, combining with a favourite food can increase acceptance, as can sensory exploration.

# At your own pace

**Even as babies, our children are growing into little characters. A cautious little person, a spirited whirlwind, a sensitive soul who requires a few attempts? The traits we recognise in them are often reflected in their approach to eating.**

So, top priority: look at your child and not at others. Do not compare when weaning begins, nor rhythms and quantities. Each child is and eats differently. And each child will learn to eat at their own pace. Listen to your instincts rather than well-

intentioned advice and heed your child's signals, because you know them best!

### Children teach us patience

Try to stay relaxed if your child is a late eater. There are many babies who will reject the spoon for the time being and prefer to stay in familiar territory. Some babies skip the porridge phase entirely or are more interested in the more varied textures of solid food. Stay cool – but keep at it.

### Picky eaters

**Picky eaters demonstrate very selective eating habits. These children might not accept food of a certain colour or temperature, or with a specific taste or smell. In most cases, they have a particularly sensitive mouth and throat. A genetic component is now also being discussed regarding this condition. Important: the aversion should be taken seriously. Offer food that the child can accept so that they do not lose the pleasure of eating.**

### Test new things

It is quite natural to view new things with scepticism at first. Some foods may need to be tested up to 15 times until baby takes to the taste. But also accept it if your child simply does not like something.

# A feast for the eyes!

**The table need not be covered in food, but it should offer variety. Taste preferences are formed most markedly in the early years. The more variety there is in your baby's food during the first year, the more open they will be towards new foods later on.**

During the transition to family foods, you can offer your baby (almost) everything – not just the various foods, but also different preparation methods. A carrot tastes different if it is finely grated, eaten as soup or cut into chunks; try it out!

### Spoonful by spoonful

Your baby will feel their way through the exciting world of food cautiously or inquisitively. At first, they will ask for smoothly blended puree. Depending on how sensitive their mouth is, the food will soon simply be crushed with a fork. Small pieces encourage chewing, and nibbling on a rusk or some bread supports the development of chewing muscles.

### Warning, caution, attention

- X** Honey\* can contain a pathogen that can cause poisoning in babies.
- X** Raw-milk products and raw foods (e.g. sushi, unpasteurised cheese, pepperoni, salami) can contain bacteria that can make babies poorly.
- X** Anything small, round and hard carries the risk of accidental inhalation and choking – it is better to halve or crush small round fruits and vegetables; nuts are best ground or given as puree.
- X** Amaranth, buckwheat, quinoa and cold-pressed vegetable oils should only be offered in baby quality\* as a result of contaminants.
- X** Only from around nine months: quark, as well as milk as a drink. Yogurt is occasionally acceptable after the sixth month instead of milk.

\*Products in baby quality are strictly regulated as foodstuffs and are labelled with an age recommendation! In addition, some honey may be acceptable due to differing processing methods in baby food products.





### More and more independent

At some point, your baby may no longer wish to be fed at all, preferring to learn to spoon-feed themselves. They can and must do so. You can help your child by feeding them with a second spoon or offering finger food alongside.

### Family foods

If you eat your meals together, your child will not only become familiar with family tastes, but also the rhythm of mealtimes.

And, as a pleasant side effect, they will learn to eat and drink independently by imitation. Cook the usual dishes for your family, take out a portion for your baby and only then season your own food.

### Too hard?

Even if there is no sign of teeth yet, anything your child can chew with their gums and crush with their tongue against the roof of their mouth can be offered without hesitation.

## DESIRE TO CHEW AND NIBBLE

# Through the day with Holle

**As your child gets older, they will start to demand solid food rather than milk in the mornings.**

From around the ninth month and depending on requirements, the three meals offered thus far will be increased to five. In addition to a

breakfast, lunch and dinner, there will now be an additional between-meal snack in the morning and afternoon.



### Muesli in the morning

Perhaps offer your child Holle junior muesli with fresh whole milk and a few fine slices of fruit or a couple of spoonfuls from a Holle fruit jar. Alternatively, you can use a Holle yoghurt fruit pouch with a little water to prepare it<sup>1</sup>.



### Between-meal snack

Anything that makes a noise is also fun to eat. Serve crispbread, rusks or our Holle crunchy snack with a few slices of fruit, vegetable sticks or even a Holle pouch for on the go.



<sup>1</sup>Please note: The total quantity of milk and milk products of 200 ml per day should not be exceeded by the end of the first year of life.

### Important note

Supervise your child when they eat and always ensure that they are sitting upright so as to avoid choking. Remember: as soon as the first tooth breaks through, it needs to be looked after. Constant snacking and sucking can cause the development of tooth decay.

## Vegan or vegetarian for baby?

A diet completely free of animal products is not recommended for babies and small children. Often, the child not only gets too little energy, but all too quickly they can also suffer a lack of the important nutrients they need for development. This can lead to serious neurological disorders. Without supplements, regular medical check-ups and targeted nutritional advice, this form

of children's nutrition is unsuitable. A vegetarian diet with dairy products and eggs, on the other hand, is suitable if appropriate alternatives are used to optimise nutrients. This includes the right protein composition and the combination of iron-rich cereals (millet or oats) with fruits containing vitamin C. Seek specific advice here, too.



### Finger food for lunch

You can serve up anything the grown-ups eat – initially unseasoned – for your baby. Let them practise with the spoon or try out creatively serving the ingredients in handy bite-size pieces as balls, puffs, waffles, soft sticks or even muffins. You can substitute one part of the flour with Holle grain porridges – give it a go!



### Instead of bread for dinner

How about fine semolina slices or rice pudding balls in the evening for a change? Refine this to taste with a dollop from our Holle fruit jars.



FIND YOUR  
OWN TIMES  
AND YOUR OWN  
RHYTHM

## INTRODUCING ALLERGENS

# Don't panic about new things

**The probability of developing a food allergy is generally low.**

Genes play an important role here. If parents or siblings have a food allergy, there is a higher risk that the baby could also develop an allergy. But avoiding common allergy-triggering foods or introducing them later offers no protection against allergies.

### Introduction in the first year

Strictly speaking, every food should be considered an allergen that a baby's immune system must grapple with. Some foods such as cow's milk, hen's eggs, soy, fish, peanuts, nuts, wheat and sesame are however known to potentially provoke very severe physical reactions.

However, according to the latest studies, the recommendation is to gradually introduce all allergens, as well as gluten, in the first year of life. This recommendation also applies if siblings or parents already have an allergy.

### Test new things

**To avoid potential intolerances, only ever introduce one new food per meal. If this is well tolerated, you can then introduce another after a couple of days.**

**Well-tolerated foods can be switched every one to two days. Foods that are not as well tolerated should be omitted for two to three weeks and then tried again. In the case of sensitive eaters, it is advisable to stick to one variety for longer in the beginning.**

### When can gluten be given?

Start weaning with gluten-free varieties such as millet, sweetcorn and rice, and gradually introduce gluten-containing varieties such as wheat and spelt by the beginning of the seventh month.



### **Did you know?**

Initial tolerance to allergens begins with breastfeeding. This is why exclusive breastfeeding is recommended prior to weaning. If parents or siblings have a food or pollen allergy, atopic dermatitis, or asthma, a so-called hypoallergenic infant formula should be given prior to weaning if breastfeeding is not possible or is insufficient.

## UNANSWERED QUESTIONS

# If things aren't going to plan

**New food also brings new challenges and thus many question for the parents. Here, too, a good portion of patience and tweaking can help.**

### **Why has my baby been constipated since we began weaning?**

Until now, your baby only had liquid food. So it is quite natural that their digestive system needs to adapt at first. Some children find this more difficult than others.

Bowel movements will now not only be darker and firmer, but also smellier – this is also very normal. Regular bowel movement must be established first, which can take a few days to weeks.

Only if your child goes more than three to five days without a bowel movement and your child is also straining and developing colic do we actually refer to constipation.

In this case, avoid all foods that make the stool firmer: carrot, banana, rice in all varieties and raw grated apple. Rely more heavily on food that softens the stool: cauliflower, broccoli, courgette and pumpkin or pear, apple puree, plum, apricot and peach. Make the puree more liquid and offer plenty to drink. Relief can also be offered with: 2 tsp of lactose, 2 tbsp of plum juice or 2 tbsp of apple juice boiled with a prune. Pedalling the legs with a bare bottom, baby gymnastics and abdominal massage with caraway oil also often work wonders.



*Holle organic baby tea is a mild aromatic herbal blend of the carefully selected organic ingredients fennel, anise, caraway and camomile. Tasty and natural, it is suitable for tea lovers both big and small.*



## Acidic fruits and nappy rash

Strawberries, citrus fruits and tomatoes sometimes lead to a sore bottom, red spots or marks on the skin. This is not an allergy! The culprit here is the acid, which can irritate your baby's delicate skin.

## My baby eats well, but why won't they sleep through?

If a baby can sleep through – by which we mean around six hours at a time – this is an important developmental step. So, if a child sleeps through, this is not related to the food they are eating, especially not if the child is eating appropriate portions throughout the day. Of course, care should be taken to ensure that they have had a satisfying evening meal; breastfeeding or a bottle is also possible before bed. But usually, food is not what is needed at night; it is closeness. Now is the time for snuggling – give your baby the security they need.

## Why does my baby vomit and scratch immediately after eating?

First, an infection or acute childhood illness should be excluded. If this has been done, it may be that your baby does not tolerate a food well. There may be an intolerance or even a food allergy. First remove the suspect food from the meal plan for the time being and explain the symptoms immediately to your paediatrician. Please do not avoid important foods for extended periods without medical advice.

## Needs and requirements

**Unbelievable! Within the first year, babies triple their birth weight. It stands to reason that they will have special dietary requirements.**

Compared to their body weight, babies have a high energy demand – all the more important that they eat foods that are as rich in nutrients as possible and learn to eat a varied diet. Parents should provide the example of a balanced diet as a matter of course. The nutrition pyramid shows what happens after the first year of life.

### How much milk?

Cow's milk is a very important source of iodine and is also rich in calcium and protein. These nutrients are important for baby's development. A high protein intake over the long term, on the other hand, can lead to weight problems. Infant formulas and follow-on milks have reduced calcium and protein by law. A plant-based drink (e.g. soy, almond) is not milk and cannot replace them.

**The diet of a one-year-old: how to achieve a balanced and varied diet throughout the day**



**Something sweet**  
(the amount that fits in the palm of a child's hand is fine from the age of one)



**2 x oils and fats per day** (1 tsp each)



**3 x dairy products per day**  
(e.g. 1 x 150 ml glass of milk and 1 slice of cheese or 1 yogurt).  
**1 x meat (150 g), 1 x fish (30 g), and 1 to 2 eggs per week**



**3 x cereals per day** (muesli or bread) and  
**1 x side dish per day** (potatoes, pasta, rice)



**3 x vegetables per day and 2 x fruit per day**  
(also possible 1 x as dried fruit or occasionally 1 x as juice)



**6 x drinks per day**  
(water or unsweetened tea 100 ml each)



## How much is enough?

With regard to the issue of appropriate portion sizes, the ideal measuring instrument is the child's hand. It not only grows with the child and automatically adjusts to the required quantities, but is also always there.

**Don't be too strict about it**

It doesn't have to be perfect every day, but as good as possible over the whole week!

1 portion **large fruit and vegetable pieces**  
(a handful)

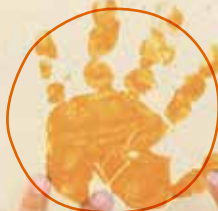


1 portion **animal-based food** (palm)

1 portion **potatoes, pasta, small fruit and vegetable pieces** (2 hands formed into a bowl)



1 portion **bread** (whole hand with outstretched fingers)



1 portion **fats, oils and butter** (half thumb)



## TEN TIPS THAT REALLY HELP

# What matters

**Even if the topic of weaning seems baffling, you almost can't go wrong as long as you take into account what really matters.**



### 1. Stay relaxed

Each child will learn to eat at their own pace. Do not compare yours with other babies. Eating different quantities is also fine and depends on a number of factors: individual need, a growth spurt, the state of health, teething ...

### 2. No pressure

Parents choose what their child is allowed to eat – the child chooses how much of it they eat. Never force your child to eat, but motivate them to try it.

### 3. Roughly right

Don't get bogged down with getting a recipe right down to the last gram. More important: the ratios must be right.

### 4. Sensory exploration

Playing is nothing more than sensory exploration – this is allowed and encouraged in order to discover a new food. Of course, it should also end up in the mouth.

### 5. Rituals help

Helping with setting the table, making a toast or lighting a candle helps children to orientate themselves and prepare for a shared meal.

## 6. Set rules

Think about what rules you want to introduce at the dining table. It is important that these are age-appropriate and implemented consistently.

## 7. Positive atmosphere

Create a pleasant atmosphere during meals and avoid conflict and distractions, such as media and getting up from the table.

## 8. No snacks

Rule of thumb: after about 20 minutes, the meal is over. Observe an eating break of around two to three hours until the next one and avoid nibbling and snacks – children thus learn with time to eat until they are full during mealtimes.

## 9. Self-regulation

In order to develop healthy eating habits, it is important that children experience for themselves when they are hungry and full. Do not insist that your child continues eating.

## 10. No power games

Food is not a benefit. Avoid at all costs implementing food as a reward or punishment.





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### Do you have questions for us?

If you have further questions on feeding your child or about our products, please contact our Holle nutrition service by telephone or email. We will be delighted to call you back.

### How to reach us:

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