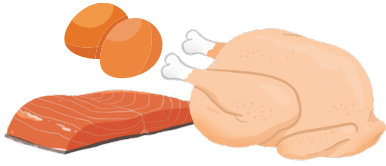


Food suggestions for Baby!

You don't have to introduce all these foods quickly.

Go according to your own eating habits and food availability.



Foods that are rich in iron

Iron-enriched baby cereal

Offer it as a cereal or use it in different recipes, from 6 months and until Baby is 2 years old.

- ☐ Barley
- ☐ Wheat
- ☐ Oat
- ☐ Rice

Protein foods

Except milk and substitutes

- ☐ Lamb
- ☐ Ground peanuts or peanut butter
- ☐ Beef
- ☐ Shrimp
- ☐ Turkey
- ☐ Edamame and soy
- ☐ Beans (white, red, black, etc.)
- ☐ Lentils (red, green, etc.)
- ☐ Ground nuts and seeds, or nut/seed butter
- ☐ Eggs
- ☐ Chickpeas
- ☐ Chicken
- ☐ Pork
- ☐ Sole
- ☐ Salmon
- ☐ Canned light tuna
- ☐ Firm tofu
- ☐ Trout
- ☐ Horse meat
- ☐ Veal



Other foods

When Baby is eating iron-rich foods at least twice a day.

Vegetables

- | | | |
|--------------------------------|------------------------------------|-----------------------------------|
| <input type="radio"/> Avocado | <input type="radio"/> Cauliflower | <input type="radio"/> Potato |
| <input type="radio"/> Beet | <input type="radio"/> Squash | <input type="radio"/> Green peas |
| <input type="radio"/> Broccoli | <input type="radio"/> Zucchini | <input type="radio"/> Bell pepper |
| <input type="radio"/> Carrot | <input type="radio"/> Spinach | <input type="radio"/> Rutabaga |
| <input type="radio"/> Mushroom | <input type="radio"/> Corn | <input type="radio"/> Tomato |
| <input type="radio"/> Cabbage | <input type="radio"/> Sweet potato | |

Fruits

- | | | |
|------------------------------------|-----------------------------------|------------------------------|
| <input type="radio"/> Pineapple | <input type="radio"/> Raspberries | <input type="radio"/> Pear |
| <input type="radio"/> Banana | <input type="radio"/> Kiwi | <input type="radio"/> Apple |
| <input type="radio"/> Blueberries | <input type="radio"/> Mango | <input type="radio"/> Peach |
| <input type="radio"/> Clementine | <input type="radio"/> Melon | <input type="radio"/> Plum |
| <input type="radio"/> Strawberries | <input type="radio"/> Orange | <input type="radio"/> Grapes |

Milk and substitutes

- ☐ Firm cheeses (e.g. cheddar and mozzarella)
- ☐ Fresh cheeses (e.g. cottage cheese and ricotta)
- ☐ Plain yogourt (2% MF or more)
- ☐ Cow's milk (3.25% MF, as of 9 months)
- ☐ Plain, enriched soy beverages (as of 2 years)



Grain products

Give preference to whole-grain products

- | | | |
|---|------------------------------|------------------------------|
| <input type="radio"/> Rolled oats (oatmeal) | <input type="radio"/> Millet | <input type="radio"/> Pasta |
| <input type="radio"/> Bulgur | <input type="radio"/> Barley | <input type="radio"/> Quinoa |
| <input type="radio"/> Couscous | <input type="radio"/> Bread | |
| | <input type="radio"/> Rice | |

Offering a wide variety of foods will allow your baby to discover all kinds of flavours and make family meals easier!

