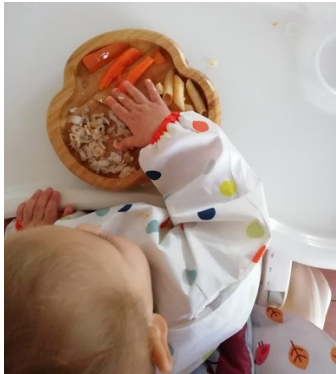


HEALTH IS BUILT FROM SMALL

The sooner you start, the easier it will be to adopt and follow a healthy diet throughout life, based on the principles of the Mediterranean diet.



For the child, it is precisely at this stage that the relationship with food and taste is structured; experimenting and tasting new flavors and textures will be more important than ever and will have an impact on growth and long-term health; incorrect eating habits, in fact, increase the risk of developing chronic non-communicable diseases in later life.

If it has not already been done during pregnancy, this is also the best time for the whole family to adopt a correct eating pattern.

IF YOU WANT TO KNOW MORE:

GET INFORMED ON OFFICIAL WEBSITES

www.ifmed.org

<https://www.first1000days.ie/>

<https://thousanddays.org/>



BY:

S.O.C. Igiene degli Alimenti e della Nutrizione
Dipartimento di Prevenzione - ASUFC

tel. 0432553218

e-mail: segreteria.igal@asufc.sanita.fvg.it

images: Freepik.com

RESPONSIVE COMPLEMENTARY FEEDING



It is the introduction of foods offered to supplement milk (or formula), when the child makes us understand that he is ready for the introduction of foods:

- ability to sit up and keep her\his head straight
- eye-hand-mouth coordination
- interest in foods other than milk and ability to swallow them

This usually happens around the 6th month.

SOME ADVICE

1) Should a specific order be followed in the introduction of foodstuffs?



NO!

In fact, it is preferable to try to introduce typical foods of the family environment, with healthy and simple cooking, and let the child eat as soon as possible at the table with the rest of the family to accustom him to the cycles of normal appetite and satiety.

Alternate proteins such as meat, fish, legumes, eggs and cheese and cereals such as pasta, rice, polenta, spelt, etc.; propose all kinds of vegetables and seasonal fruits and whole white milk and yogurt. Of course, the consistency of the food will be adapted to the child's abilities at that time (e.g. crushed, soft foods, proposed in sizes suitable to be grasped with the hands).

2) Are there any non recommended foods ?



VERY FEW INDEED!

In particular:

- **honey up to 12 months** because it can contain spores of the bacterium responsible for infant botulinum;
- **sugary drinks and sweet foods** such as fruit juices, carbonated drinks, candies and snacks because they spoil the teeth, reduce appetite and accustom children to a too sweet taste; for the same reason it is good that the foods are proposed as such (eg milk, fruit...), limiting the addition of sugar;

- **comoverly salty foods** such as cold cuts, bagged chips and other packaged snacks; instead, choose mainly fresh foods and season with a little iodized salt;
- **tuna and swordfish** (or other very large fish); instead prefer oily and/or otherwise small fish, varying as much as possible;
- **cow's milk up to the age of 12 months** to avoid excess calories and protein, with reference to doses such as glasses or cups; otherwise, it may be used in small quantities as an ingredient in preparations;
- **drinks such as teas, herbal infusions and tisanes or vegetable milk-type** drinks in the first years of life due to the presence of substances, such as tannins, that can limit the bioavailability of essential micronutrients or due to the risk of accumulation of potentially toxic substances.

3) What are the quantities to offer the child?

SMALL TASTINGS!

The initial quantities are minimal; the child will have to be offered, even different foods in the same dish, gradually promoting autonomy in the management of the quantity and quality of the food taken and leaving him free to use his hands first, then cutlery.



The child should not be forced to finish the entire meal, supporting his innate capacity for selfregulation, nor should an alternative option be proposed to what is not consumed.

To reduce the risk of choking it is very important that the child eats with his back erect (better if on the high chair), **avoiding distractions such as TV, games and videos**

to convince him to consume the meal.

The unpleasant food can then be re-proposed in the following days, prepared in a different way, so as to alternate colors, flavors and textures of the food.

4) At what meal of the day do you propose the first meals?



THE ANSWER IS: GRADUAL!

The feeding at this stage does not suddenly and completely replace the milk to which the baby has been accustomed for about 6 months, but supplements it; he\she will therefore initially be proposed a taste during the main meals of the family (lunch and dinner) and then gradually he\she will be able, around 9-12 months, to consume, in addition to milk (or formula), also two main meals (lunch and dinner) and 1-2 snacks.

5) What to propose for a drink?

JUST WATER!



During breastfeeding, except in extremely hot climates, milk also covers the baby's water needs; at this stage, instead, the baby will only be offered water (accustoming him to the use of the glass since 6 months), avoiding any other type of sugary drink (even 100% juices), which increases the calories of the meal without offering benefits on growth.