



# Nutrition: the first twelve months

The Public Health Institute of Iceland • Centre for Child Health Services

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## Dear parents

All children need love, warmth, rest and good nourishment in order to thrive and to feel happy and well. This doesn't mean that all children are cut from the same bolt of cloth and have exactly the same needs. Each and every one of them is an independent individual with her or his own peculiar traits. It takes time to get to know these new little people, their needs and demands. For example, it can be difficult at first to distinguish signals from a baby expressing hunger or thirst from those announcing other needs. In addition to this, babies are constantly changing and developing from helpless infants in arms into sturdy, active children whose diet must contain a diverse variety of foods.

Decisions made during a baby's first year lay the nutritional foundations for her or his eating habits later on. Food choices made by parents and others in the household shape a child's attitude towards food and can have a lasting affect on her or his diet. Therefore, there is good reason to take a critical look at your own eating habits when joined by a new member of the family. Although a baby needs special food at first, she or he will quickly be able to eat regular foods, with a few exceptions, as long as a diverse range of healthy food is what is on the menu.

We hope that this little booklet will be of service to you when it comes to choosing food for your baby. Although it doesn't of course provide answers to every single question that may arise in connection with infant nutrition, employees at health clinics and Infant and Pre-school Care staff will be happy to provide you with advice on everything that relates to caring for your child.

## Mother's milk

Breastfeeding has many advantages. Here are a few worth mentioning:

- Breast milk provides a baby with protection against some infections.
- Breast milk is always fresh and at the right temperature.
- Breast milk probably reduces the chances of allergies and asthma.
- Breast milk is easily digestible and reduces the likelihood of constipation.
- Night feedings are easier – no getting up in the middle of the night to go heat milk.
- Breast milk doesn't require any washing up or sterilisation of bottles.
- Breast milk is free.
- Once any initial difficulties are over and done with, nursing is generally a pleasant time together for mother and baby.

Most women are physically capable of nursing their child. It's extremely important to want breastfeeding to go well, but peace and quiet, good nutrition and sufficient rest also play their part. Various problems, big and small, can certainly pop up, particularly during the first few weeks, in which case it's wisest to ask the advice of Infant Care staff at health clinics.



## Breastfeeding

### Comfort and ease when nursing

When nursing your baby, it's necessary to begin by settling comfortably down, either lying down or sitting in a good chair. It's often good to have a pillow under your arms and a glass of water within reach. Your baby needs to lie on her side with her stomach against yours, held close to the breast so that the nipple directly faces your baby's mouth. It's very important for your baby to be able to latch onto your nipple properly and well. This makes it easy for her to suckle, stimulating the production of milk.

### Number of feedings

For the first few months, it's best to let babies themselves decide when to feed and allow them to drink as frequently as they want, at least eight times a day, or as often as is necessary. The more often you nurse, the more milk will be produced. When your breasts contain little milk, increase the number of feedings to stimulate milk production. If your baby gains weight properly and goes through 6 to 8 diapers a day, she is getting enough to drink. Should any problems arise, seek advice from Infant and Pre-school Care staff or a breastfeeding counsellor.

### Sore nipples and blocked ducts

Sore nipples can cause a great deal of discomfort when breastfeeding. If your baby is unable to latch onto the nipple properly or do so well enough, the likelihood of sore nipples increases. To prevent this, it's important to learn the correct position for nursing. If your nipples are tender or if sores form, it helps to adjust the baby's feeding position, apply a thin layer of breast cream to the nipples and use breast shells to protect the nipples. To prevent swelling and blocked milk ducts, it's important to avoid becoming chilled or wearing clothing that constricts your breasts and allow your baby to drink her fill at every feeding. If you use disposable bra pads, it's good to air the breasts well in between and change pads frequently. Bra pads made of wool and washable materials are also available.

**Good to know:** The more often you nurse, the more milk will be produced.

## Infant formula

If, for whatever reason, a baby is not breastfed, or if breast milk alone is not sufficient for the first six months, the baby is given a special infant formula. This formula is prepared from dry mix and water. Infant formula on the market here in Iceland provides babies with good nourishment. Therefore, there is no reason to fear that your baby will not receive the nutrients he needs, provided that the formula is mixed according to the directions on the package.



## Always prepare formula as instructed

It's extremely important to follow the directions on the package carefully. The correct measuring spoons must be used and formula mix must be level with the top edge of the spoon. Formula that is too strong or too weak can be harmful to a baby. It's also crucial to maintain the highest standards of hygiene when mixing the formula. Both bottles and teats must be boiled regularly and clean water used when preparing formula. It's fine to prepare several bottles at once, but formula must then be immediately cooled (by running it under cold water, for example) and refrigerated. Never store prepared formula for longer than 24 hours. If a baby doesn't finish a bottle, it's best to throw away the rest. Never feed a baby formula that has been sitting for a long period of time at room temperature.

## Proper temperature

Babies sometimes burn themselves badly drinking milk that is too hot, particularly if it has been heated in a microwave as milk then heats up more than the bottle that contains it. Important nutrients are also destroyed when milk is overheated in this way. It's better to heat milk in a warm water bath. Milk must be comfortably warm, and it's important to let a few drops fall on your arm to test whether the milk is at the proper temperature.

Warmth and security during meals are necessary for your baby, and therefore it matters that you always hold your baby during feeding. A baby left to suck on a bottle alone in his cradle is deprived of the human presence and interaction that a breastfed babies inevitably receive every time they are fed.

## Sippy cup or spoon for additional servings

When giving a breastfed baby additional nourishment, use a sippy cup, little glass or spoon rather than a bottle, and always do so after you have finished nursing. A baby who feeds from a bottle grows quickly accustomed to suck in a different way, which can pose difficulties when breastfeeding.

# The first six months

**For the first few months, a baby needs no other nourishment than breast milk or infant formula. All other foods are not only unnecessary, they're quite bluntly poorer nourishment. However, a vitamin supplement of 4 D drops a day is recommended after a baby has reached the age of one month. Wait until your baby has started eating solid foods to give her cod liver oil.**

## Does your baby get not get enough?

If a breastfed baby does not get enough milk, it's best to increase the number of feedings to stimulate the production of breast milk. Should that not suffice, contact Infant and Pre-school Care staff before supplementing her diet. Don't forget that a baby can cry for other reasons than hunger. There is no rush to start supplementing a baby's diet as long as the baby thrives properly. Should a baby need additional nourishment during her first four months, infant



formula is the best option – cereals and other solid foods are not suitable for babies of this age.

Use of soothers, pacifiers or teats is not recommended for the first few weeks while mother and baby are adjusting to breastfeeding. If a soother or pacifier is used after this time, do not dip it in honey or other sweet substances. This can harm your baby's sensitive teeth even before they become visible. Honey can also cause serious stomach and intestinal infections in babies.

**Good to know:** Should your baby need additional nourishment during her first four months, infant formula is the best option – cereals and other solid foods are not suitable for babies of this age.

## Four to six months

### No need for other nourishment than breast milk

If your baby thrives well and is peaceful, there is no need to give her other food than breast milk.

### Introduce foods little by little

Usually, breast milk alone provides sufficient nourishment for a baby to the age of six months. If your baby doesn't seem to get enough nourishment from breast milk alone, despite increasing the frequency of feedings, the time has come to introduce solid foods. You can gradually start to feed your baby infant rice cereals – boiled and mashed potatoes – boiled and mashed carrots – shredded apple – mashed banana – water when thirsty. A garlic press is handy for mashing small portions of food.

New types of food are best fed to a baby at the end of a meal, after she has finished breastfeeding or been given a bottle. It's always best to start with only a small amount of a given food, no more than one teaspoon, and then gradually increase the amount over time to three to four tablespoonfuls. It's also best to wait several days before starting with another new type of food.

### Finely purée foods

Vegetables (including potatoes) must be well washed before boiling. If you plan on using the stock, peel vegetables with skins. Also make sure to boil the food for long enough to soften it to the point where it can be easily puréed. You can use a wand mixer to purée food, or a garlic press for small portions. It's good to add a little of the water used to boil the vegetables to the mixture, along with a teaspoon of cooking oil. If the food is too coarse, it may be pressed through a strainer. Don't add salt to your baby's food. Apples may be either boiled and mashed or shredded with a spoon. Bananas are easily mashed with a fork.

**Good to know:** You can use a wand mixer to purée food, or a garlic press for small portions.



## Start with rice cereal

Baby rice cereals are the best choice of cereal to start with, but oatmeal, barley and millet cereals can be introduced soon after, though only several teaspoonfuls at a time. It's best to feed your baby cereals specifically designed for infants and prepared using pure, iron-fortified ingredients. Cereals are prepared in boiled water according to directions on package. You can mix in a little breast milk, and bottle-fed babies can of course be given cereal mixed with infant formula, but cow's milk is not recommended for babies of this age.

## Six to nine months

Once your baby has reached the age of six months, the time has come to begin gradually introducing a varied range of mashed and puréed foods, along with drinks from sippy cups. If you bottle-feed your baby, decrease the amount he receives and stop giving your baby a night-time bottle altogether. Give your baby plenty of time to get used to new type of food – start him off with a small serving and gradually increase the amount over time.

**It's good to continue breastfeeding your baby until he has started eating a good variety of different foods, consuming foods from all food groups on a daily basis.**

### Iron-fortified baby cereal

Cereal and milk (either breast milk or milk specially processed for babies) are the mainstays of a baby's diet. Most babies of this age are fed cereal once or twice a day, in addition to other foods. It's best to give babies pure, iron-fortified cereal to eat and stay away from sweet commercial mixes.

### Wait to give your baby cow's milk to drink

Once your baby has reached the age of six months, you can start adding cow's milk to cereal, but it's best to wait until your baby is at least a year old before giving him cow's milk to drink. It's preferable to use follow-on milk instead, a special type of milk specifically intended for young children. Its composition is more similar to breast milk than ordinary milk and therefore more suitable for babies. One difference is that follow-on milk is iron-fortified; many babies do not get enough iron when breast milk or infant formula is replaced with cow's milk. Cow's milk contains little iron, and iron shortages at this age can have an effect on a baby's health and development. For this reason, using follow-on milk, breast milk or infant formula until your baby has reached the age of 12 months is recommended. Use of follow-on milk is recommended for children up to the age of two. It is important to point out, however, that follow-on milk, like infant formula, is made from cow's milk and can therefore cause an allergic reaction just as regular cow's milk.

### Increasing diversity

The menu gradually expands to include more and more foods. Now, for example, you can begin giving your baby boiled and well ground meat with mashed potatoes and other vegetables, but it's best to wait until your baby is around 7-8 months old before introducing boiled fish and eggs. **It's also best to wait until your baby is at least 12 months old before introducing skyr, soured milk, yogurt and other cultured dairy products to his diet except in small quantities (for example in cereal).** Your baby already receives enough



dairy from follow-on milk and/or breast milk and milk products added to cereals and porridge. By 7 to 8 months, the time has usually come to begin giving your baby small, bite-sized pieces of bread with a spread such as liver pâté. Bread and spread can gradually replace the second meal of cereal.

It's good to purée meat and vegetables in the water used for boiling, adding a teaspoon of oil or butter. Note that you should not add salt to your baby's food.

### A proper amount of milk

As a baby's diet becomes more and more varied, the amount of milk and dairy he consumes decreases. A total milk and dairy intake of around 500 ml per day is considered good once a baby has begun eating a variety of foods (hot meals, fruits, vegetables and cereals), by no later than around 8 months of age. Measuring the amount of milk a breastfed baby drinks is of course not possible, nor is there no reason to attempt to do so. Nutrients in breast milk are especially well-suited to babies' needs, and it's therefore best to continue breastfeeding.

**Good to know:** A total milk and dairy intake of around 500 ml per day is considered good once a baby has begun eating foods from all food groups.

### Cod liver or D drops.

Remember to give your baby 4 D drops or a teaspoon of cod liver oil daily. Other vitamins should be unnecessary.

### These foods may be fed to 6-9 month old babies:

- |                      |  |
|----------------------|--|
| Cereals:             | Porridge made from oatmeal, barley, wheat, rye, millet. Bread in small, manageable pieces with spreads such as liver pâté. Pasta and rice after 7-8 months, when the baby is able to handle lumpier foods. |
| Dairy products:      | Breast milk, infant formula, follow-on milk. Whole milk and cultured dairy products only in cereals and in cooking.  |
| Vegetables:          | Boiled potatoes, rutabagas, carrots, broccoli, cauliflower, corn, capsicum and green beans. Use fresh or frozen vegetables. All vegetables must be boiled.   |
| Fruits:              | Puréed apple, pear, melon and banana.  |
| Meat, fish and eggs: | New, boiled and puréed meat and liver. Fish and eggs after 7-8 months.   |
| Fats:                | Cooking oil, butter, cod liver oil.  |

Give baby water or breast milk when thirsty.

Wait to give your baby the following foods until he is older: Skyr, low-fat milk, skim milk or fortified skim milk – rhubarb, spinach or celery – processed meat products, salty food, packaged or canned foods not specifically intended for infants - sweets or very sugary foods.



**Never give infants food that can become stuck in their throats (such as nuts, hard candy and tough bites of food).**

Avoid giving your baby sweet drinks such as orange, blackcurrant or apple juice as these are damaging to infants' teeth. Giving babies a bottle of juice at night is particularly harmful.

If allergies are very common in your family, it may be wise to seek specific instructions regarding food choices. Do not feed your baby soy milk unless advised by a doctor to do so. Special formulas are available for babies with allergies that are more suitable than soy milk.

## Meals

After six months of age, a baby's feeding times gradually settle into a routine. It suits most babies to eat or drink five to six times a day, but some need to eat more often. Remember that there is no one right way to organise your baby's meals. The table here below is just one example of a possible meal plan.

### Sample meal plan after six months of age:

Early morning:	Breast milk*
Breakfast:	Breast milk* and cereal, 4 D drops or teaspoonful of cod liver oil
Lunch:	Breast milk* and bread with spread or porridge, vegetable purée
Afternoon snack:	Breast milk* and fruit or vegetable purée
Dinner:	Hot food, meat, vegetables, potatoes, breast milk*
Late night:	Breast milk*

\*Babies who are not breastfed should be given follow-on milk or infant formula in place of breast milk, 500 ml per day, and water to drink when they are thirsty.

### Hot meals for six- to nine-month-old babies

You can prepare warm food in a variety of ways for your baby. It's easiest to set aside a small portion of the food you prepare for your family before salting or heavily seasoning it. Potatoes and boiled vegetables can be mashed with a fork or puréed with a wand mixer in some of the water used for boiling (with a little oil or butter added) or in a little sauce. Boiled and ground meat, chicken, liver egg or fresh fish can be added and well puréed in a blender or using a wand mixer. Wait until your baby is six to eight months old to give him fish and meat.

Not all foods your family eats are equally good for a baby. Pizza, smoked or salted meat (such as smoked saddle of pork), pepperoni, sausage meat and hot dogs), smoked or salted fish and extremely spicy foods are not healthy foods for a baby to eat.



Recipes for several good dishes for a baby can be found at the back of this booklet. You may find it handy to prepare larger amounts of each recipe, of the puréed meat dishes in particular, and freeze in small portions for your baby.

**Good to know:** It's good to freeze puréed baby food in little portions, for example in an ice cube tray covered with plastic wrap. Store the frozen cubes in a sealed freezer bag.

## Nine to twelve months

### Time to introduce most healthy foods

When your baby is nine months old, she can begin eating most healthy foods as long as they are not very salty. Finely puréeing foods are no longer necessary – it's usually enough to mash food using a fork or cut it into tiny bites.

Black pudding, most types of spreads for bread, tomatoes, oranges and other fruits and berries can now be added to the menu, and regular oatmeal porridge and other types of cereals and porridges can take the place of those specifically intended for babies to a degree. You may also now lightly fry your baby's food: it's no longer necessary to boil all foods.

### Water, follow-on milk or breast milk to drink

One type of food that should not yet be introduced to a baby's diet is processed meat products and other commercially prepared foods such as various packaged foods, which are often very salty and thus not suitable for babies. You should also give babies under 12 months of age follow-on milk to drink rather than regular cow's milk. Low-fat milk, skim milk, fortified skim milk and skyr are all too low in fat and high in protein for babies and therefore not suitable for them at this age. Babies need fat in their diet.

Sweets and foods containing sugar damage your baby's sensitive teeth. Also keep in mind that eating habits are formed early in life. A baby who is fed very sweet cereals will hardly be very pleased with unsweetened oatmeal porridge as a toddler.

**Good to know:** Don't feed your baby sweets or sweetened foods. These damage her sensitive teeth. Also keep in mind that eating habits are formed early in life. A baby who is fed very sweet cereals will hardly be very pleased with unsweetened oatmeal porridge as a toddler.

### Meals after 9 months

After 9 months, most babies should be able to eat with their families at regular mealtimes. Keep in mind that babies need to eat more frequently than adults (a minimum of four to six times a day). When it comes to meals, it's best to keep a regular eating routine as young children have an extremely hard time waiting for food or being hungry. It makes little difference whether a hot meal is eaten at noon or during the evening or even twice a day - the most important thing is to keep a reasonably good meal routine. The sample meal plan on the following page is only one idea of how a baby's meals could be arranged.



## Sample meal plan after nine months of age:

Early morning: Breast milk\*.

Breakfast: Breast milk\* and bread with spread or cereal. Teaspoon of cod liver oil or 4 D drops.

Lunch: Hot food, meat/fish/egg, vegetables and potatoes/rice/pasta.  
Water to drink.

Afternoon snack: Breast milk\*, bread with spread.

Dinner: Breast milk\*, cereal or bread with spread. Puréed fruit.

\*Babies who are not breastfed should be given follow-on milk or infant formula to drink in place of breast milk and regular cow's milk in cereal.

## Vegetarian diets for babies

If babies are fed neither meat nor fish, it's necessary to take special care in selecting their food as there is a certain risk that their diet will be lacking in some nutrients. A vegetarian diet can, however, provide a baby with sufficient nourishment, provided that it includes milk and dairy products and iron-fortified porridge, in addition to other foods from the plant kingdom. A strict vegan diet, one that includes neither milk nor eggs, does not provide young children with adequate nourishment unless you follow specific counsel regarding food choices or have and make use of express knowledge on the subject. If a breastfeeding mother follows a strict vegan diet, there may be a shortage of certain nutrients in her breast milk (vitamin B in particular). A daily multivitamin tablet containing vitamin B can prevent a vegan mother's milk from being lacking in vitamins.

## Commercial baby food

### Baby food in jars

Puréed food in glass jars, both fruit and mixed meat dishes, is a popular choice for babies. The puréed food available here in Iceland is generally made using good ingredients and is neither salted nor mixed with potentially harmful additives. Therefore, there is no reason to suspect these products especially. These purées can come in handy, particularly while your baby has not yet started eating the same foods as the rest of the family. On the other hand, there are many indications that commercial baby food should not be used on a daily basis, particularly after 9 months. Babies need to learn to eat regular foods and practice chewing and swallowing lumpier foods than these fine purées.



## Dry baby food

An abundance of dry baby food of all kinds is also sold here in Iceland. The composition and quality of these foods varies. Commercial baby cereals, which are made from pure ingredients, are not only a good choice of food for a baby, they are actually preferable to home-made cereals for the first few months as they are iron-fortified, easily digestible and well-suited for a baby. But all kinds of dried mixes made variously from powdered milk, cereal flours and sugar or dried vegetables and powdered milk are also available on the market. These are not recommended for babies under the age of 6 months. Mixes containing sugar can also lead to mealtime misery as they encourage babies to be fussier and babies grow accustomed to all their food tasting sweet. Babies need to get the chance to grow used to more flavours than that of sugar. They need to be acquainted with a varied range of good foods. Packets of dry mix can be handy on trips or when nothing else is available, but they make a rather less than desirable addition to a baby's diet under regular circumstances.

**Good to know:** Babies need to get the chance to grow used to more flavours than that of sugar. They need to be acquainted with a varied range of good foods.

## Nutrition and bowel habits

Babies who feed on breast milk alone may defecate repeatedly over the course of the day or go several days without having a bowel movement without this being an indication of anything abnormal. When a baby starts on solid foods, in particular when dairy products are added to the menu, digestion processes change and it becomes important to monitor bowel movements to ensure that stools are soft and easy for the baby to pass.

### Constipation

Very young babies who are fed only breast milk do not have constipation even if several days pass between bowel movements. Often, it's enough to help babies by massaging their stomachs and gently moving their legs as if they were pedalling a bicycle. Babies who have started on infant formula or some type of solid foods can be given one teaspoon of malt extract a day in the liquid they drink. Malt extract is a harmless substance and available in pharmacies.

For babies who have started eating solid foods, it's important that they receive enough roughage to prevent constipation. Babies may be fed cereal twice a day, in addition to boiled fruits and vegetables, but consumption of dairy products must be in moderation. Don't stop feeding a constipated baby dairy products entirely, however. It's very important for a baby to receive enough liquids - water, fruit juice and milk. Babies may also be fed puréed prunes. Porridge made from rye bread can be of use (see recipe at back of booklet), and if necessary, a little bran may be added to oatmeal porridge.



## Diarrhoea

Digestion ailments of various sorts are fairly common during a baby's first year. Most cases are mild, with the baby developing diarrhoea that lasts one or two days. The most important thing in such situations is for the baby to be given enough liquid to replace what is lost during bowel movements; babies may be fed should they have an appetite.

Should a baby have severe diarrhoea, seem unwell and even wish neither to eat nor drink, contact a doctor.

In a few instances, babies will have consistently very loose bowel movements and even diarrhoea over a long period of time. If the baby gains weight properly and thrives, loose bowel movements are cause for worry not in and of themselves, but there is reason to be concerned if the baby ceases to gain weight. It can happen that babies develop long-term diarrhoea as a result of a diet too low in fat (for example if they are given low-fat or skim milk rather than milks that are higher in fat, if they are given neither fat nor sauce with meat or fish or if they drink too much fruit juice). Such diarrhoea goes away just as soon as the baby starts getting enough fat in his diet.

For better and more explicit advice regarding constipation and diarrhoea, contact Infant and Pre-school Care.

## Recipes

These recipes all make one serving. For hot dishes, preparing five to ten times the amount given in the recipe and then freezing it in meal-size portions may represent a convenient option.

### Oatmeal porridge

**2 tbsp oatmeal**  
**1 dl whole milk or follow-on milk**  
**1/2 dl cold water**

Stir oatmeal into water. Boil over low heat for 5 to 10 minutes, stirring as needed. Add 1 tbsp of applesauce or finely shredded apple to the porridge for a tasty variation.

### Rye bread porridge

**1 slice of rye bread with crust removed**  
**1 1/2 tbsp rice flour**  
**1 dl whole milk or follow-on milk**  
**1 1/2 dl cold water**

Crumble the bread and let it soak in the water. Heat with rice flour, stirring well. This porridge need not be boiled long. Blackcurrant juice or applesauce can be added for flavour.



## Puréed lamb

This dish is ideal for preparing in a larger quantity than given here below and freezing in 5 to 10 portions (containers).

**cut\***

**30 gr. lamb meat**

**1 small potato**

**1/2 carrot**

**20 gr. rutabaga**

**1 dl cold water**

**Dill or parsley (optional)**

Boil meat for 30 minutes (longer if meat is on bone or cooking a large piece). Wash, peel and chop vegetables and boil with meat for last 15 minutes of the meat cooking time until all ingredients soft and tender. Purée ingredients using a food processor or wand mixer. Thin with water used for boiling. Add dill or parsley to taste.

## Fish with potatoes and vegetables

Fish does not need to be cooked separately for a baby – just remember to set the baby's portion aside before adding salt. Adding little sauce or grease doesn't hurt either. In fact, it can be good to mash the fish with white or other sauce, butter or oil.

**30 gr. haddock or other fresh fish**

**1/2 carrot, (broccoli or cauliflower).**

**boiled potato**

**butter or oil**

Boil the vegetables in a small amount of water for 10 minutes. Add fish and boil for 5 minutes. Mash fish and vegetable together in the fish stock with potato and a little butter, oil or sauce.

## White sauce

Babies can generally use the same sauce as everyone else in the household as long as their portion is set aside before salt is added. Commercial sauces are often very salty and are therefore not recommended. Sauces can also be prepared especially for babies.

**2 tsp flour**

**1 dl vegetable or meat stock or milk**

**1 tsp oil or butter**

Mix flour and liquid together in pot. Bring to the boil and simmer until mixture thickens, stirring well. Add butter or oil.



### **Ground beef**

**1 tomato, fresh or canned**

**2 tbsp shredded carrot**

**1-2 tbsp water**

**20-30 gr. ground beef (cooked)**

**Oregano or basil**

**1 tsp oil**

**1 potato, boiled, or 60 gr. boiled pasta**

Remove tomato skin by dropping tomato into boiling water. Mix chopped tomato, shredded carrot, water and ground beef in saucepan and boil over low heat for 5 minutes. Add oil and spice. Mash potato or chop pasta into little pieces and mix all ingredients.