



Nutrition: the first twelve months – a summary

Food choices during a baby's first year lay the nutritional foundations for eating habits later on.

For babies under 6 months

Breast milk is the most important source of nourishment a baby under six months, supplemented by vitamin D drops after the age of one month. If babies are not breastfed, they should be fed a special infant formula, which must be carefully mixed according to directions on the package. It is also important to maintain the highest standards of hygiene when preparing this infant formula. If a baby thrives happily and is peaceful, there is no need to begin with other foods than breast milk (or infant formula if the baby is not breastfed) before the age of six months. All other foods are not only unnecessary, they're quite bluntly a bad option.

Introducing new foods

Should a breastfed baby not receive enough milk during feedings, it's best to increase the number of feedings to stimulate the production of milk. Should a baby under four months need a supplement, infant formula is the best choice. Cereals and other solid foods are not suitable for babies of this age. Babies over four months who need a supplement can be given solids. New foods should be introduced at the end of a feeding. Give babies only a small amount of a new food and wait several days before introducing another new food.

First solid foods: Rice cereal or boiled and mashed potatoes or carrots or mashed banana. Cow's milk is not recommended for babies of this age.

For babies between 6 and 9 months

Babies between the ages of six and nine months can begin to eat a wider range of puréed foods and drink from sippy cups. If your baby is bottle-fed, decrease bottle use and stop giving a bottle at night altogether. It's best to continue breastfeeding until a baby's diet contains a good variety of different foods. Give your baby follow-on milk and water to drink. A small amount whole milk (nýmjólk) can also be added to cereal. Give your baby a vitamin D supplement (either drops or one teaspoon of cod liver oil).

First solid foods: Rice cereal or boiled and mashed potatoes or carrots or mashed banana. After a baby has begun eating these first solid foods, oatmeal, barley, wheat, rye and millet cereals can be introduced. You can begin feeding your baby boiled and well-puréed meat with potatoes and other vegetables. Babies can eat a moderate amount of liver and liver sausage but should never be given these foods on a daily basis. All vegetables must be carefully washed and boiled. Vegetables suitable for



babies of this age include broccoli, rutabaga, carrots, cauliflower, capsicum and green beans. Babies can start eating fish, eggs, pasta and rice after 7-8 months. You can add a teaspoon of oil or butter to vegetable and meat purées as babies continue to require a high percentage of fat in their diets. Puréed fruit, for example apples, pears, melons and bananas (mashed or in small bites), is also a good choice. Do not add salt to food for babies.

For babies between the ages of 9 and 12 months

Give your baby follow-on milk and water to drink. Babies should be given one teaspoon of cod liver oil daily. All types of porridges and cereals are now suitable (oatmeal porridge, cereals from barley, wheat, rye and millet, etc.). Avoid mixes containing sugar. Meat can now be either boiled or fried (be careful not to burn or overcook the meat) with potatoes and vegetables. It is no longer necessary to finely purée foods: mashing foods with a fork or cutting them into small pieces is sufficient. Babies can now eat fish, eggs, pasta and rice. Continue adding a teaspoon of oil or butter to foods. Black pudding (slátur), most types of bread toppings, tomatoes, oranges and other fruits and berries may now be added to the menu. Salt should not be added to food for babies.

Foods that should not be given to babies under 12 months of age:

Salted and smoked foods, sausage meats and chicken nuggets. Salt should not be added to food for babies. Sweets, sugared foods, honey and artificial sweeteners. Whole milk (nýmjólk) and cultured dairy products should only be used in cereals and in cooking, not as a meal in and of themselves. Low-fat dairy products (skyr, low-fat milk, skim milk or fortified skim milk) are not suitable for babies under the age of twelve months because of the amount of protein they contain. Juice (pure or sweetened) and soft drinks. Rhubarb, spinach and celery. Never give babies foods that can become stuck in their throats (such as nuts, hard candy and tough bites of food). If you give your baby a soother or pacifier, never dip it into honey or other sweet foods as this can harm a baby's sensitive teeth even before they become visible. Honey can also cause serious stomach and intestinal infections in babies. As raisins may be contaminated by trace amounts of mycotoxins, you should limit the amount of raisins your baby eats to a maximum of 120 grams per week (around 17 grams per day).