



Laboratoire

**FRANCE  
LAIT<sup>®</sup>**

**GROWING UP**  
*with confidence*

- Nutritional guide for children aged 0 to 3 years





### *Important notice*

Breast milk is the ideal food for your infant. WHO (World Health Organization) recommends exclusive breastfeeding until 6 months of age, then breastfeeding to supplement solid foods until your child is 2 years old, or even later. Your doctor can advise you.

France Lait Laboratory formulas can be used to supplement breast milk, if necessary, or as a substitute if you cannot or do not wish to breastfeed. If you feed your baby an infant formula, it will be difficult to change your mind and breastfeed. Find out about the cost of the feeding method you choose.

If you use infant formula, follow instructions for reconstitution and advice from your doctor carefully.



**Food plays an important part in your child's development, which is why it must be adapted to their needs at every stage of life.** Until the age of 3, children have different needs than adults, and require specific foods.

**Eating is one of your baby's first pleasures,** and something you share with them daily. Mealtimes are moments of genuine closeness, filled with sharing and poignancy. As your baby grows, their diet changes. The exclusively milk-based diet of early months is progressively replaced by solid foods, which introduce your baby to new tastes and textures.

**The France Lait Laboratory helps you choose a diet that is adapted to your child, so they can grow well.** This guide will give you practical answers to questions you have in daily life about menus, recipes, and tips to discover for each key stage.



*Because every child is unique, these guidelines are provided for information purposes; be sure to ask for advice from the healthcare professional who monitors your child so you can adapt them to your baby's rhythm and appetite.*

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0-6  
MONTHS

6-12  
MONTHS

1-3  
YEARS

# Discovering the world

During the first months of life, your baby spends most of their time sleeping. They follow their internal body clock and should be able to eat and sleep as needed.

*Advice from Marie,*  
nutritionist

## How can I make sure that my baby has had enough milk?

Babies know how to regulate their appetite and feel when they are no longer hungry. Once they are full, babies will naturally stop feeding. Routinely monitoring their growth is often the best way of knowing that they are getting enough to eat.

## Until what age should foods other than milk be avoided?

WHO recommends introducing other foods around 6 months of age. At this age, milk alone is no longer enough to cover your baby's needs. Habits are different in every country. It is safe to start introducing new foods from the age of 4 to 6 months, following recommendations from your baby's doctor. In any case, milk should continue to be their exclusive food until at least 4 months of age!

At that age, your baby's food is exclusively milk-based.

Breastfeeding is an ideal way of meeting your child's needs, as the composition of breast milk evolves both in the course of a feeding and depending on a baby's age.

If you do not want to or cannot breastfeed, only bottle-feeding with 1<sup>st</sup> stage infant formula is adapted to your baby's needs.

## YOUR BABY'S PROGRESS

### 5-6 MONTHS

Picks things up, recognises faces, sits up with support, sucks on all objects. Baby's first teeth grow in.



### 2-3 MONTHS

Listens, babbles, smiles.



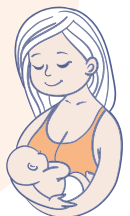
### 4 MONTHS

Holds up their head, starts picking objects up, hits things, explores their mouth.



### 1 MONTH

Sucks and pushes food away with their tongue.





0-6  
MONTHS

6-12  
MONTHS

1-3  
YEARS

# Starting complementary feeding

*Complementary feeding is a key transitional stage for your baby: it involves progressively introducing foods other than breast milk or infant formula into their diet.*



*Advice from Marie,*  
nutritionist



## **My baby does not like being spoon-fed what should I do?**

If your baby does not want to be spoon-fed, it means they are not ready. In that case, wait a few days and try again. Your baby will eventually grow accustomed to it.

## **What should I do if my child does not like a new food?**

If your baby does not like a new taste or a new texture, no need to panic! Do not force them. Offer the new food several times within days of each other, then try again after a few months if they still aren't keen on it.



**Milk must continue to be your baby's staple diet during this period.**

**Breastfeeding is still ideal.** If you cannot or do not want to breastfeed, follow-on (2<sup>nd</sup> stage) milk is infant formula that is best adapted to the needs of babies between the ages of 6 months to 1 year.

The number of feedings or bottles progressively diminishes, but volumes are still high.

The first foods to be introduced are generally cooked fruits and vegetables, in the form of smooth purées and compotes, along with cereals.

Next come starches, meat, fish, and eggs.

Don't forget to add a bit of fat in your baby's food after cooking it, since it is also important to ensure healthy growth. You do not need to add salt.

## YOUR BABY'S PROGRESS

### 9-12 MONTHS

*Stands up, wants to hold their spoon, grasps things between their thumb and their forefinger*



### 6-9 MONTHS

*Understands yes and no, taps objects on the table, holds their bottle.*



## Advice from Marie, nutritionist

### In the course of a meal, should I offer milk before or after other foods?

The order is not important, so long as milk continues to be your child's staple diet. If you offer solid foods such as purée or compote first, be careful not to give your baby too much, or they might be too full to drink their milk.

### How many meals a day should my baby have?

Every baby has their own rhythm, but four meals a day are a minimum to cover their needs. Small eaters sometimes need additional meals or snacks, but make sure this does not turn into snacking.

## Discovering tastes and textures

Your baby's taste is already developing inside you. Some flavours, such as sweetness, are innate, while others are more or less appreciated. It is therefore important to integrate them from an early age.

It is generally best to introduce one new taste at a time, avoiding blends at first. In practice, if your child accepts a new food, offer it two days in a row, so they can get used to it.

Experiencing different textures is also a new stage for your baby.

Infant cereals contribute to a baby's discovery of new flavours and textures and provide additional energy as they go through growth stages.

The France Lait Laboratory has a range of cereals with milk that are adapted to your baby's needs. Tasty and easy to digest, they are a source of vitamins and minerals, and can be introduced at the very start of complementary feeding.



  
Liquid texture  
for drinking

or

  
Thick texture  
for spoon feeding

  
Practical & good value  
Already contains milk  
Just add water!

Textures can be adapted depending on what a child enjoys and can handle.

Quantities should be adjusted depending on your baby's appetite.

## TIME TO EAT!

### MY 1<sup>ST</sup> MEALS

#### MORNING

1 milk bottle  
(180 mL + 6 measures)  
or cereals with milk  
(200 mL + 7 level  
tablespoons)

#### SNACK

1 milk bottle  
(180 mL + 6 measures)  
+ 1 compote

#### MIDDAY

1 purée with vegetables  
+ some binding agent  
(potato, fine semolina, etc.)  
+ 1 teaspoon of oil  
(sunflower or rapeseed)  
+ 1 milk bottle  
(180 mL + 6 measures)

#### SUPPER

1 milk bottle  
(180 mL + 6 measures)  
or cereals with milk  
(200 mL + 7 level tablespoons)

### MEAL IDEAS

7–12 months

#### MORNING

1 bottle of cereals with milk  
(200 mL + 9 to 12 level tablespoons,  
depending on the desired consistency)  
or 1 milk bottle  
(210 mL + 7 measures)  
+ 1 crust of bread (from around 9  
months of age) when supervised

#### SNACK

1 milk bottle  
(210 mL + 7 measures)  
+ 1 compote

#### MIDDAY

Vegetables and starch  
(potato, semolina, vermicelli, rice, etc.)  
blended or chopped up  
+ 2 then 3 teaspoons of meat/fish/egg  
+ 1 teaspoon of oil  
(sunflower or rapeseed)  
+ 1 compote or blended fresh fruit

#### SUPPER

1 small purée  
(vegetables + starch)  
+ 1 teaspoon of fat  
+ 1 milk bottle  
(210 mL + 7 measures)

0-6  
MONTHS

6-12  
MONTHS

1-3  
YEARS



# *(Almost) eating like a grown-up!*

*Before the age of 3, discovering tastes is essential for your child to acquire food preferences and the basic rhythms of adults.*

*But remember that until your child is 3, they still have specific needs to make sure they develop and grow with confidence.*

## *Advice from Marie,* nutritionist



**Until the age of 2**, children are not very picky. Taking advantage of this discovery period is ideal to teach them to appreciate a broad range of foods.

**By 2 years of age**, most children go through a normal neophobic stage, during which they are more reluctant to taste unfamiliar foods and most vegetables. Repeatedly offering these foods is the most effective method to help them get through this closure phase.

## YOUR BABY'S PROGRESS



### 18-36 MONTHS

*Eat by themselves, can use a fork, potty train.*

### 12-18 MONTHS

*Starts walking, expresses wishes, says a few words.*



Your child will continue to try new foods. The eruption of teeth will allow them to discover new textures. Bit by bit, their diet will become more like yours. However, it must stay adapted to your child's growth needs. Milk must always have an important place in their diet.

If you are no longer breastfeeding, growing up milk (3<sup>rd</sup> stage) perfectly meets the specific nutritional needs of children until the age of 3, in addition to a diversified diet.



*Advice from Marie,*  
nutritionist

**Can my child start drinking cow's milk from the age of 12 months?**

At that age, even if their diet is more and more like yours, regular cow's milk is still not adapted to your child's needs. It does not contain enough essential fatty acids, iron, and vitamins for their growth, and its protein content is too high. Growing up milk (3<sup>rd</sup> stage formula) is therefore essential for your child, in the amount of 500 mL a day.

**My child is always hungry, may I feed them in between meals?**

It is best not to feed your child in between meals. Make sure that they eat enough at mealtimes. For example, you might increase their vegetable portion, and offer a small piece of bread.

If your doctor finds their growth chart normal, there is no need to restrict them, as long as you make sure they are getting a balanced diet.

*A key period  
for learning  
about taste*

- Never force your child to finish their meals and adapt quantities depending on their needs and appetite.
- Water is the only indispensable beverage; avoid sweet drinks.
- Teach them about "plain" tastes, by avoiding too much salt, sugar, or sweet foods.
- No oleaginous fruit (peanuts, walnuts, almonds, etc.) before the age of 3 as they present a choking hazard.
- Pulses (lentils, kidney beans, chickpeas, etc.) are harder to digest. They are generally introduced as purées from the age of 15-18 months.



**TIME TO EAT!**

**MEAL IDEAS**

from 1 year

**MORNING**

**1 cup of milk**  
(210 mL + 7 measures)  
**+ 1 slice of bread**  
(+/- butter and jam)  
**or cereals with milk**  
(200 mL + 12 level  
tablespoons)



**MIDDAY**

**Cooked vegetables and starch\***  
(sweet potato, pasta, semolina,  
rice, etc.)  
**+ 6 teaspoons of meat or fish**  
(approximately 30 g)  
**or 1/2 of a smashed hard-boiled egg**  
**+ 2 teaspoons of oil**  
(sunflower or olive)  
**+ 1 fresh fruit**  
(sliced or chopped)

**SNACK**

**1 cup of milk**  
(210 mL + 7 small measures)  
**or 1 dairy product**  
(specifically formulated for  
toddlers, yoghurt, quark, etc.)  
**+ 1 compote**

**SUPPER**

**Vegetables and starch**  
puréed or chopped\*  
**+ 1 teaspoon of oil**  
(sunflower or olive)  
**+ 1 fresh fruit**  
(sliced or chopped)

Textures can be adapted depending on what a child enjoys and can handle.

Quantities should be adjusted depending on your child's appetite.



\* half vegetable / half starch

## USEFUL INFORMATION

### Preparing a milk bottle



1. Wash your hands thoroughly. Wash the bottle and utensils and then sterilise them in boiling water for at least 10 minutes.



2. Boil fresh, clear water for 10 minutes and leave to cool to a maximum temperature of 40°C. Refer to the feeding table on the packaging and pour the quantity of warm water corresponding to your child's age into the sterilised bottle.



Prepare a bottle for immediate use. Discard any unfinished bottle contents.

3. Add the exact number of level measuring scoops of France Lait powder according to the feeding table.



4. Close the bottle and shake it until the powder has completely dissolved.



5. Check the temperature by testing a few drops of milk on your wrist.

### Preparing cereals with milk



1. Boil fresh, clear water for 10 minutes and leave to cool to a maximum temperature of 40°C.



2. Consult the feeding table on the packaging and pour the quantity of warm water that corresponds to your child's age and to the desired consistency into a bowl.



3. Add the number of level tablespoons of France Lait cereals with milk as directed.



4. Mix in the bowl in order to obtain a smooth, creamy texture. Serve warm or cold. Prepare the cereals with milk immediately before use. Discard any unused feed.

## RECIPE IDEAS

### Fruit porridge 6-12 MONTHS

France Lait infant cereals with milk can be garnished with thin banana slices, small apple cubes, cooked pear, or smashed strawberries.



### Rice pudding 1-3 YEARS

#### Ingredients:

- 10 g pudding rice
- 150 mL water
- 1 level teaspoon sugar
- A few vanilla drops (or seeds)
- 4 measures of milk adapted to your child's age (France Lait 2 or France Lait 3)



Boil the water, vanilla, and sugar. Sprinkle in the rice and mix with a wooden spoon. Cover and let it simmer for 30 minutes, stirring from time to time. At the end of cooking, add 4 level measures of France Lait 2 or France Lait 3. The pudding should have a semi-liquid consistency. It will solidify as it cools down.

Find lots more recipes on the France Lait website.

## GROWTH CHART

### How is my baby growing?

During the first years of life, your child grows very fast. Growth charts help you follow the evolution of their weight and height as they grow.



Follow your baby's growth using our interactive tool on the France Lait website.










[www.france-lait.com](http://www.france-lait.com)

# COMPLEMENTARY FEEDING TABLE

## FOODS ACCORDING TO AGE

*These milestones are given for information purposes.  
Every baby is unique, and only your doctor can determine  
the ideal time to take the next step in your child's diet.*

*Suggested quantities in this table  
are theoretical and must be  
adapted to your baby's rhythm  
and appetite. Never force a child  
who is not hungry to eat.*

	Times a day	Smooth texture <b>4-6 MONTHS</b>	Smooth texture <b>6 MONTHS</b>	Puréd texture <b>7-8 MONTHS</b>	Blended texture <b>9-12 MONTHS</b>	Normal chopped / chunky texture <b>1-3 YEARS</b>
 Milks		700–900 mL Breast milk or 1 <sup>st</sup> age formula	600–800 mL Breast milk or 2 <sup>nd</sup> age formula	600–700 mL Breast milk or 2 <sup>nd</sup> age formula		500 mL Breast milk or growing-up milk
Dairy products	varies with age		Once or twice a day Yoghurt, quark, cottage cheese			
Cheeses					15–20 g Pasteurised hard cheese or cheese spread	
 Meat, Fish, Egg	1 meal		10 g (2 tsp) or 1/4 of an egg		15–20 g (3 tsp) or 1/2 an egg	25–30 g (6 tsp) or 1/2 an egg
 France Lait cereals with milk		  Liquid texture or Thick texture				
Potato			As a binder		Well cooked	
Pasta, rice, semolina	1 or 2 meals (depending on the appetite)			alternate with potatoes		
Bread					Monitor	
 Pulses			Cooked		Cooked and raw (in small quantities)	Cooked and raw (pulses from 18 months)
Fruit	min. 2 meals (depending on the appetite)		Cooked		Cooked and raw (grated, mashed, or in thin slices)	Cooked and raw (in small pieces)
 Fat (raw)	morning and evening		5 g of butter or 1 tsp of oil		5 g of butter and 1 tsp of oil	10 g of butter and 1 tsp of oil
 Sweet foods	keep at a minimum		in small quantities			in small quantities + honey
 Water	on request		as much as they like (increase in hot conditions)			



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**FRANCE  
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CS 20309 - 71009 MACON CEDEX - FRANCE  
[www.france-lait.com](http://www.france-lait.com)

