








# Guidelines

## Your child's diet according to age

These are guidelines. Each baby is different and only your doctor can decide when the time is right to move on to the next stage in your baby's feeding. The quantities given in this table are theoretical; they should be adapted to your baby's habits and appetite. A child who is not hungry should not be forced to eat.

	FREQUENCY PER DAY	FOODS	1 - 4 MONTHS	4 - 6 MONTHS Smooth texture	6 MONTHS Smooth texture	7 - 8 MONTHS Blended texture	9 - 12 MONTHS Blended texture	1-3 YEARS Normal texture minced/pieces
 <p><b>MILK AND DAIRY PRODUCTS</b></p>	Variable according to age	Breast milk or if not possible, FRANCE LAIT 1 infant formula	400-700ml	700-900ml				
		Breast milk or if not possible, FRANCE LAIT 2 follow-on milk			600-800ml	600-700ml	600-700ml	
		FRANCE LAIT 3 growing-up milk						500ml
		Dairy products Yoghurt, fromage blanc, petit-suisse cheese (unsweetened or lightly sweetened)				<..... 1 or 2 times per day .....		
		Soft pasteurized or spreadable cheese can occasionally replace the meat portion					<..... 15-20g .....	
 <p><b>MEAT, FISH AND EGG</b></p>	Once per day	Meat – Fish - Egg			10g (2 teaspoons) or 1/4 egg	15 – 20g (3 teaspoons) or 1/2 egg	25 – 30g (6 teaspoons) or 1/2 egg	
 <p><b>CEREALS AND STARCHY FOODS</b></p>	At 1 or 2 meals According to child's appetite. With or alternating with vegetables.	FRANCE LAIT infant cereals		<..... Around 4 - 6 months, depending on the appetite .....				
		Potatoes		<..... As a binder .....		<..... Well cooked .....		
		Pasta, rice, semolina		<..... Alternate with potato .....				
		Bread		<..... Bread under supervision .....				
 <p><b>FRUITS AND VEGETABLES</b></p>	At least 2 meals According to child's appetite. Fruits and vegetables are interchangeable.	Vegetables		<..... Cooked .....		Cooked and raw in small quantities		Cooked and raw pulses vegetables starting at the age of 18 months
		Fruits		<..... Cooked .....		Cooked and raw grated, mashed or in fine slices		Cooked and raw in small pieces
 <p><b>FATS</b></p>	Alternate butter and oil at lunch and dinner	Raw butter Uncooked oil (olive, sunflower...)			<..... 5g or 1 teaspoon .....		5g and 1 teaspoon	10g and 1 tablespoon
 <p><b>SWEET PRODUCTS</b></p>	Need to be limited	Sugar – Jam		<..... In small quantities can be used to sweeten plain dairy products .....				
 <p><b>BEVERAGES</b></p>	On demand	Water	<..... As desired .....					
			Increase during hot weather					