



Euroopan unionin
osarahoittama

Nutrition for children under 1 year Breastfeeding and starting solid food

Alle 1-vuotiaan ravitsemus
Imetys ja kiinteiden ruokien aloitus
(englanti)



BREASTFEEDING

- Exclusive breastfeeding is recommended until the age of 4 to 6 months. During exclusive breastfeeding, the baby's only nutrition is breast milk. In addition to milk, the baby only needs vitamin D.
- Breastfeeding promotes early interaction between mother and baby.
- Breastfeeding protects the baby against infections and supports the development of the baby's gut. Breastfeeding also reduces the baby's risk of many different diseases.
- Breastfeeding supports also the mother's health and helps to recovery from childbirth.
- Breastfeed the baby at least for 8 to 12 times a day.
- Breastfeeding at night is important too. It helps to stimulate milk production.
- It is normal for the baby to eat milk frequently at times. During these periods, the baby ensures that the milk supply is sufficient.
- The breastfed baby does not usually need extra water. On warm days, it is important to offer breast milk more frequently.
- The baby does not need any juice.

Breastfeeding supports the health of mother and baby.

Exclusive breastfeeding is recommended until the age of 4 to 6 months.

Follow the signs of baby's hunger. Breastfeed the baby according to the baby's need.



STOPPING BREASTFEEDING

- Breastfeeding is recommended up to 12 months of age.
If the mother wishes, breastfeeding can be continued during the day for a longer period.
- By 6 months of age, it is important to offer the child other foods in addition to milk to ensure they receive all the necessary nutrients."
- The 1-year-old does not need milk at night. Stopping nighttime breastfeeding at 1 year of age reduces the risk of tooth decay.
- You can seek advice from the child health clinic on how to stop breastfeeding.

USE OF INFANT FORMULA

- If breast milk is not sufficient for the baby or if the mother does not wish to breastfeed, the baby is given infant formula.
 - You can get instructions for using infant formula from the maternity hospital or the child health clinic.
 - Cow's milk and plant-based drinks are not suitable for children under 1 year of age.
-

VITAMIN D SUPPLEMENTATION

- By 2 weeks of age, the baby should start receiving vitamin D supplementation. The baby needs 10 mikrograms vitamin D supplementation every day.
- If the baby gets more than 500 millilitres infant formula a day, the vitamin D supplementation is given less.
- Give the baby vitamin D in drop form. Spray is not recommended because the dosage from the spray is inaccurate.

Baby eats 0-500 millilitres of infant formula per day.	10 mikrograms vitamin D
Baby eats 500-800 millilitres of infant formula per day.	6 mikrograms vitamin D
Baby eats more than 800 millilitres of infant formula per day.	2 mikrograms vitamin D



STARTING SOLID FOODS

From 4-6 months of ages

- You can start giving solid foods to the baby between 4 and 6 months of age alongside breast milk or infant formula.
- It is important to continue breastfeeding or giving infant formula while the baby is learning to eat other foods. Milk is still the baby's main source of nutrition.
- In the beginning, offer only small amounts of solid food using a teaspoon. As baby grows, the portion sizes can increase.
- Give milk first, then solid food.
- In the beginning, solid food can be given 1-2 times a day.
- The first foods can include boiled or steamed vegetables, and berries and fruits.

Cooked or steamed vegetables and greens

Potato, carrot, cauliflower, bell pepper, broccoli, corn, Brussels sprout, cucumber, zucchini, parsnip, sweet potato, tomato, swede, turnip



Fruits and berries

Strawberry, raspberry, blueberry, currant, gooseberry, cloudberry, cranberry, lingonberry, rose hip, apple, banana, plum, pear, pineapple, kiwifruit, peach, apricot, citrus fruits, melons, mango



- You can make purees yourself or buy ready-made ones from the store. In the beginning, the puree should be soft and smooth. Homemade purees can also be frozen.
- Foreign frozen berries should be heated for 5 minutes or boiled for 2 minutes before use.
- Give the food to the baby with their own spoon. Do not share a spoon with the baby.



From 5 months of age

- You can give porridge and other cereal products to the baby. The baby does not need gruel.
- You can give meat, fish, chicken, and eggs to the baby.
- At first, give 1 teaspoon of meat, fish, or chicken mixed with vegetable puree. For an older baby, you can give 1 to 1.5 tablespoons in one meal.
- Serve meat, fish, chicken, and eggs well cooked and without salt.

Porridge and other cereal products

oat, rye, barley, wheat, spelt, rice, buckwheat, corn, millet



Meat, fish, chicken and egg

Pork, beef, unseasoned chicken, turkey, sheep, reindeer, elk, fish, egg



From 6 months of age

- At latest at 6 months of age, the baby need other foods in addition to milk. Form milk and solid food the baby receives all the important nutrients.
- You can give the solid food first and then milk.
- Give thick puree with small pieces in it.
- The baby can practise the use of regular cup or straw cup. Give only milk from the bottle.
- The baby eats together with other family. The baby gets familiar with the family's foods and gets used to a regular eating schedule.

Peas, lentils, beans, tofu and other plant-based protein products without added salt.



Nuts and almonds unsweetened and unsalted. Grind and offer mixed with puree.



From 10 months of age

- You can give the baby fat-free or low-fat sour milk products, such as unflavoured buttermilk, yoghurt, buttermilk, curd. Choose milk products with no added sugar.
- Regular milk can be used in cooking.
- You can also give plant-based drinks or plant-based yogurts. Make sure they have added calcium, vitamin D, and vitamin B. Check that they do not have added sugar.
- Rice drink is not recommended for children as a food drink.
- At 1 year old, the child can drink regular fat-free or low-fat cow's milk.
- Offer food regularly, about 4–5 meals per day.
- The food does not need to be pureed anymore. It is enough to mash or cut the food with a fork.



BABY-LED WEANING AND FINGER FOODS

- When the baby can sit with the straight back, hold the head up, and grab things, you can give the food that baby can eat by themselves from a plate. This helps to develop the baby's hand skills.
- When the baby eats by themselves, they can taste different foods at their own pace.
- During eating, the baby should sit in a high chair that fits their size.
- Give the baby big and soft pieces of food so they can hold them easily. As the baby's skills improve, you can give smaller pieces of food.
- You can offer, for example, boiled vegetables, pasta, pieces of fruit, or berries.
- It is important to always watch the baby while they eat. Do not give foods that can cause choking, such as whole nuts or whole grapes.
- The baby can practice drinking from a straw cup or a regular cup.



TASTING NEW FLAVORS

- The child may at first be hesitant about new tastes.
It is normal for a child's appetite to vary.
Getting used to a new taste can take 10 to 15 tries.
 - It is common that teething can affect the baby's appetite.
At that time, you can offer the baby more cool or cold foods.
 - It is important for the child to take part in family meals.
This helps the child get used to a regular eating schedule and the family's food.
-

AVOID THESE IN THE DIET OF A CHILDREN UNDER 1 YEAR OLD

Salt and sugar

- Do not give salt to a child under 1 year old because the baby's kidneys are not yet able to handle it.
- You can add salt-free spices to the baby's food, such as dried herbs or pepper.
- Eating a lot of sugar increases health risks and can cause tooth decay.
- Avoid foods that have a lot of sugar. Examples are:
 - flavoured yoghurt and puddings
 - juices
 - sugared and dried fruits
 - cereals with added sugar
- Do not add sugar to drinks.
- Do not give honey to the baby. Honey may contain bacteria that is dangerous for baby.



Other foods to avoid:

- seeds of oil plants, for example flax seeds or sunflower seeds
 - honey and cassia cinnamon
 - sausages, wieners, cold cuts
 - liver dishes
 - beetroot, leafy salads, Chinese cabbage, kale, kohlrabi, pumpkin, radish, celery stalks, fennel, fresh herbs, sprouts
 - unpasteurized dairy products
 - early potatoes
 - false morel mushrooms
 - seaweed products
 - herbal products, herbal teas
 - raw grain porridges and raw seed porridges
-



**Euroopan unionin
osarahoitama**

Niitty 2 Project 2023–2026

Working together with immigrant
families for a better everyday life

More information about the project:

<https://projects.tuni.fi/niitty2/>

Family Info Material Portal:

tuni.fi/perheinfo

This guidance is based on the nutrition recommendations produced by the Pirkanmaa Wellbeing Services County: *Nutrition for children under 1 year old – From breastfeeding to family meals*. Updated November 2024.

<https://www.pirha.fi/documents/d/hyvinvointiaelintavoilla/syomisen-iloa-yhdessa-leikki-ikaisen-kanssa>

Other sources and more information:

Neuvokas Perhe <https://neuvokasperhe.fi/syominen/>

Finnish Institute of Health and Welfare: *Eating Together – Food Recommendations for Families with Children*

<https://www.julkari.fi/handle/10024/137459>

Images: Pixabay, 18 February 2025; Niitty 2 Project, ©Syda Productions, whitestorm, New Africa, STOCK IMAGES STALL, fotoduets, Igor Nikushin, Evgeniya Primavera, Al-mamun – stock.adobe.com



**Pirkanmaan
hyvinvointialue**



TAMPERE