

di-book



# **Diet recommendations**

**Recipe and Foodstuffs lists**

**Dietology and Traditional Chinese Medicine**

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International  
cooking and  
recipes



**Nutrition of the infant  
supplementary food**

**E001**

(Book: E001)

## **Diet recommendations for DIETETICS - Universal - Nutrition of the infant - supplementary food**

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
  - 9.1 Apple sauce with raisins - from 6th month
  - 9.2 Baby milk - up to 6 months
  - 9.3 Banana porridge - from the 18th month (in summer)
  - 9.4 Carrot juice - from the 12th week
  - 9.5 Carrots with potato foam - from 8 months
  - 9.6 Cherry cereal porridge - from the 8th month
  - 9.7 Fresh full-grain porridge - from the 8th month
  - 9.8 Fruit jelly - from the 8th month
  - 9.9 Grape compote - from the 8th month
  - 9.10 Grape juice (fresh, homemade)
  - 9.11 Milk mash for the bottle - from the 8th month
  - 9.12 Milk rice with berry juice - from the 8th month

- 9.13 Milk-free cereal fruit porridge - from the 8th month
- 9.14 Month porridge - from 7th month
- 9.15 Peach mash uncooked - from the 8th month
- 9.16 Porridge with apple - from the 8th month
- 9.17 Puréed banana
- 9.18 Rusk, milk and carrot puree - from the 8th month
- 9.19 Semolina mash with grape puree - from the 8th month
- 9.20 Spring vegetables - from the 8th month
- 9.21 Tender fennel vegetables - from 6th month
- 9.22 Vegetable porridge - from the 6th month
- 9.23 Vegetable potato and meat mash - from 10th month
- 9.24 Vegetarian Vegetable Porridge - from the 8th month
- 9.25 Vegetarian vegetable-oatmeal-potatoes mash
- 9.26 Whole milk cereal mash - from the 8th month

## 10. Effects of food

- 10.1 Use ingredients: recommendable
- 10.2 Use ingredients: yes
- 10.3 Use ingredients: little
- 10.4 Do not use contra-acting foods

## 11. Herbs and their effects

- 11.1 Basil
- 11.2 Lovage
- 11.3 Parsley
- 11.4 Thyme dried

## 12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

# 1 Treatment strategy

Baby food (other than breast milk and infant milk)

In the first 4 to 6 months of life, exclusive milk nutrition (mother milk, industrial infant milk) is recommended.

Supplementary food before the fifth month of life increases the risk of developing an allergy.

From about 6th month: early carrot, pumpkin, zucchini

From about 7th month: pear, apple, banana, beef or poultry meat

From about 8.month: broccoli, fennel, cucumber, lamb, corn, spelled, oat, millet

From about 9.month: cauliflower, spinach, water or honey melon

From ca.10.Month: Kohlrabi, apricot - As a fat supplement, rapeseed oil is recommended.

A dairy meal is replaced month by month by a porridge meal.

Month-by-month, a milk meal is replaced by a meat meal: vegetable potato meat porridge, a milk-cereal mash and a cereal-fruit mash.

According to the German Society for Nutrition, the caloric requirement of a toddler is about 1100 kcal per day.

Something more accurate you could also calculate it:

for boys 104 kcal, for girls 108 kcal per kg body weight per day.

## **2 Avoid**

Chicken egg, cow's milk, fish, citrus fruits, nuts, wheat, celery, chocolate.

Use only low fat and salt.

Onions, cabbage, fried and legumes should not be given until the second year of life.

### 3 Breakfast

kkal. per serving

Apple sauce with raisins - from 6th month .....	73
Carrot juice - from the 12th week .....	69
Carrots with potato foam - from 8 months .....	316
Cherry cereal porridge - from the 8th month .....	219
Fruit jelly - from the 8th month .....	60
Grape compote - from the 8th month .....	128
Grape juice (fresh, homemade) .....	73
Milk mash for the bottle - from the 8th month .....	187
Milk-free cereal fruit porridge - from the 8th month .....	220
Month porridge - from 7th month .....	157
Peach mash uncooked - from the 8th month .....	191
Puréed banana .....	144
Rusk, milk and carrot puree - from the 8th month .....	112
Spring vegetables - from the 8th month .....	63
Tender fennel vegetables - from 6th month .....	70
Vegetable porridge - from the 6th month .....	161
Vegetable potato and meat mash - from 10th month.....	127
Vegetarian Vegetable Porridge - from the 8th month .....	261
Whole milk cereal mash - from the 8th month .....	205