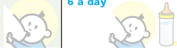
































**0 - 4 months    4 - 6 months    6 - 8 months    8 - 12 months    12-24 months**

Milk*	6 a day 	3 a day 	2 a day 	2 a day 	2 a day 
Fruit juices		to be diluted 10 to 20ml a day 	to be diluted 20 to 30 ml 	to be diluted 20 to 50ml a day 	to be diluted 50 to 100ml a day 
Cereals		4 soup spoons (16g) 1a day 	5 soup spoons (20g) 1 a day 	5 soup spoons (20g) 1 a day 	6 soup spoons (25g) 1 a day 
Fruits		100g cooked at lunch 	130g cooked 2 a day 	130g cooked or raw 2 a day 	150g cooked or raw 2 a day 
Vegetables		130g cooked at lunch 	200g cooked 2 a day 	220g cooked 2 a day 	250g cooked or raw 1 a day 
Milk products			1/2 unsweetened yogurt for babies in the evening 	1 unsweetened yogurt for babies in the evening 	1 unsweetened yogurt 2 a day 10g of cheese 1 a day 
Meat/Fish			15g cooked & mashed at lunch 	20g cooked & mashed at lunch 	30 to 40g cooked in small pieces at lunch 
Biscuits				1 biscuit 	2 biscuits 
Rice noodles					125g 1 a day 

*In general, a baby starts to widen his/her diet between 4 and 6 months.*

*However, it is recommended to consult your health visitor to decide when is the best time to start weaning and what is the best to give to your baby.*