



Enjoy your meal, baby.

Nutrition Tips and Recipes

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Understanding Life.



Tried and tested: the “Nutrition Plan For The First Year Of Life”.

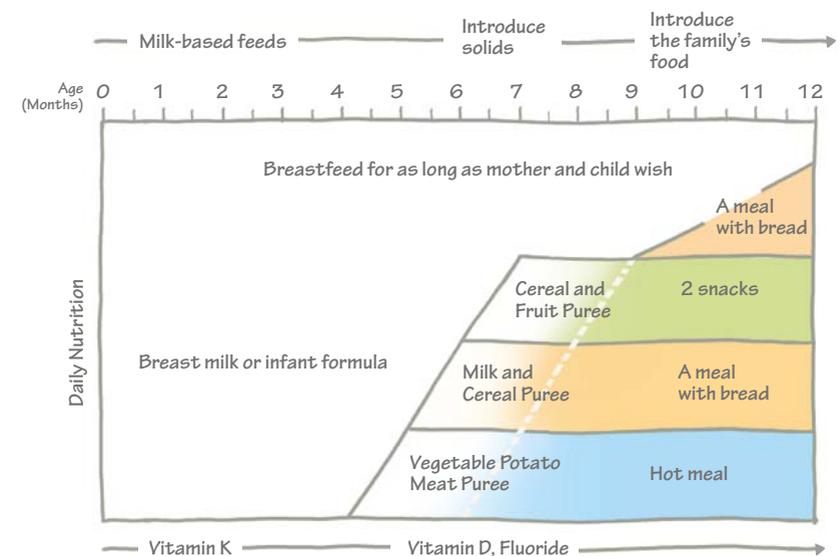
The “Nutrition Plan for the First Year of Life”, developed by the Research Institute of Child Nutrition in Dortmund, Germany, serves as the basis for the recipes in this cook book. The institute has been dealing intensively with the promotion of healthy nutrition for babies and children over many years.

The plan takes into consideration the individual development stages of your child as well as the amount of nutrients required for healthy growth and is endorsed by the National Breastfeeding Committee (NSK) and the Commission for Nutrition of the German Society of Paediatrics and Adolescent Medicine (DGKJ). You can find further information at www.fke-do.de

The recipes were developed for introducing your baby to solid food. For each stage of your baby's life there are 2 suitable, easy-to-prepare recipes.

Precisely when you begin with the first puree and eating together as a family is up to you, of course. For all children develop at their own speed and have their own needs. So the table below only gives time frames or age spans, within which you can start giving puree and solid food.

Nutrition Plan for the First Year of Life.



Easy-to-prepare meals for your baby.

Children grow up so fast. Quite suddenly, breast milk alone or formula milk is no longer enough for your baby. But what should you give your baby next and how do you actually make the first puree? With this nutrition plan and the simple recipes from the Research Institute of Child Nutrition (FKE), your homemade meals for your baby will be a success right from the start. And so fresh and natural that your little darling is sure to find they taste better straight away.

“When and how do I start with solids?”

In the first 4 to 6 months of life, your child is sufficiently well provided for with breast or formula milk. After that, pureed food - the so-called “solids” - enriches their nutrition. In line with the development and interest of your child in food, solids should be introduced at the start of the fifth month at the earliest and not later than at the beginning of the seventh. First of all your child has to get used to spoon-feeding and vegetables. Carrot puree has stood the test of time here. As soon as your child has learnt to eat from a spoon, you can introduce other types of vegetables. Among those that are nutritious and most often easy to digest are cauliflower, broccoli and courgette. Usually the first few meals with puree will not satisfy your baby’s hunger, as not more than a few spoonfuls will be eaten – but be patient! Just follow up with a breast or bottle feed.

“What comes after the first vegetable puree?”

After getting your child used to vegetable puree, vegetables mixed with potatoes and oil is a good transition before going on to vegetable, potato and meat puree.

Vegetable, Potato and Meat Puree is the first full pureed meal that replaces a milk feed. There are 4 to 5 ingredients in it: vegetables, potatoes, meat, oil and fruit juice. A little water can also be added to the puree.

Vegetable Potato Meat Puree

Age of the Baby			Ingredients	Preparation
5–6 Months	7–9 Months	10–12 Months		
90 g	100 g	100 g	Vegetables	Cook
40 g	50 g	60 g	Potatoes	Cook
20 g	30 g	30 g	Meat	Cook
15 g	17 g	20 g	Juice	Add
8 g	8 g	10 g	Rapeseed oil	Add
As required	As required	As required	Water	Add and puree

In the two months after the Vegetable Potato Meat Puree, two other purees are introduced, each of which replaces a milk feed. Normally the Milk and Cereal Puree comes first and then the Cereal and Fruit Puree comes onto the menu. But the other way round is also all right.

The *Milk and Cereal Puree* is made from three ingredients: milk, cereal and fruit. Pasteurized or UHT milk with a fat content of 3.5 % forms the basis of the puree. The fat content is important because the fat requirement in the first year of life is particularly high. Wholemeal flakes or semolina without any (sweetening) additives are stirred into the milk. Oat flakes contain a great amount of iron, but millet flakes, wholemeal semolina and other types of cereals are also suitable. Fresh fruit that is in season (raw or stewed) is mashed or grated and stirred into the puree. A variety of tastes here too can lead to your child accepting new foods more easily later.

Milk and Cereal Puree

Age of the Baby 5–12 Months		
Amount	Ingredients	Preparation
200 g	Milk	Heat
20 g	Cereal (flakes)	Stir in
20 g	Fruit	Mash and add

For the *Fruit and Cereal Puree*, you can use the same types of cereal and fruit as in the Milk and Cereal Puree. Rapeseed oil is a good choice here. The following table shows the ingredients and preparation of the Fruit and Cereal Puree. The amount is suitable for babies from the seventh month on.

Fruit and Cereal Puree

Age of the Baby 6–12 Months		
Amount	Ingredients	Preparation
90 g	Water	Heat
20 g	Cereal (flakes)	Stir in, possibly cook for a short time
100 g	Fruit	Mash and add
5 g	Rapeseed oil	Stir in

The fruit puree described in the recipe book can be used as the fruit ingredient for 5 portions of the Fruit and Cereal Puree (for babies who already know the types of fruit in the puree).



“What should I keep in mind when preparing the first puree?”

The following recipes need just a few ingredients that are suitable for children and are quick and easy to prepare.

Babies under seven months should still be given finely pureed food. Older babies, who are already familiar with eating from a spoon and the consistency of puree, can also eat less finely pureed food. The ingredients should be so soft after cooking that they can be easily squashed with a fork.

The quantities of vegetables, potatoes and fruit refer to peeled and cleaned produce. The quantities of pasta, rice and millet apply to cooked, soaked ingredients. Dry, they would weigh only half as much at most.

The preparation times in the recipes were tested by the FKE and are for pieces approx. 1–2 cm in size. However, they can vary slightly if you use other ingredients. Especially with meat and fish, you should test if they are done before pureeing and cook longer if necessary.

The amount of water given in the recipes serves as a guide. How much water is actually required, depends on the consistency of the food and texture you want the puree to have.

The biggest difference between this puree and ready-made baby food in a jar is the consistency. Don't let yourself be confused by this – the homemade puree will taste really good to your baby!

Tip: spoon not scales. To save yourself having to weigh small amounts for the recipes, switch to spoons. A teaspoonful of oil for example weighs 4 g, a tablespoon of juice 15 g, a tablespoon of oat flakes 8 g etc..

Tips on how to keep puree.

Freshly-made Vegetable, Potato and Meat Puree should be eaten as soon as possible after it is prepared. The finished puree can however be kept for up to 24 hours in the refrigerator. To keep it for a longer time you should freeze it as soon as possible after cooking. It will keep for a few months at -18 °C. The portion can be defrosted in the fridge overnight and then be warmed up over a bowl of hot water or in the microwave just before feeding. Stir it well and check the temperature before giving it to your baby. Once a portion of puree has been warmed up, it should not be reheated again. Leftovers should be thrown out just to be on the safe side.

Potatoey-Carrot with Salmon

90g carrots

40g potatoes

20g salmon
*(deep-frozen or
fresh; non-
seasoned and
non-smoked)*

30g apple juice

8g rape seed oil
2tbsp water

1. Cut the peeled carrots into approx. 1 cm thick slices and the peeled potatoes into cubes roughly the same size.
2. Pour the water into a pot and bring to the boil. Add the vegetables. They should be almost covered by water. Cook the vegetables at medium heat for approx. 15 minutes with the lid closed.
3. Cut the salmon into 2 pieces and add to the vegetable potato mixture, and continue cooking for approx. further 5 minutes.
4. Drain the cooking water and place in a container. Add the apple juice and approx. 2 tbsp of cooking water to the cooked ingredients.
5. Puree everything together to the consistency you want. Stir occasionally and add a little water if required.

Cauliflower and Potatoes with Minced Beef

90g cauliflower

40g potatoes

20g minced beef

8g rapeseed oil

15g orange juice
2tbsp water

1. Cut the cauliflower into small pieces. Dice the potatoes.
2. Pour the water into a pot and bring to the boil. Add the vegetables. They should be almost covered by water. Cook the vegetables at medium heat for approx. 15 minutes with the lid closed.
3. Add the minced meat to the vegetable potato mixture, and continue cooking for approx. further 3 minutes.
4. Drain the cooking water and place in a container. Add the apple juice, rapeseed oil and approx. 2 tbsp of cooking water to the cooked ingredients.
5. Puree everything together to the consistency you want. Stir occasionally and add a little water if required.



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Fennel and Potatoes with Oat Flakes

100g fennel
50g potatoes
10g Oat Flakes
(quick cook)
35g apple juice
8g rapeseed oil
6tbsp water

1. Dice the potatoes and the fennel.
2. Pour the water into a pot and bring to the boil. Add the potatoes. They should be almost covered by water. Cook the potatoes at medium heat for approx. 10 minutes with closed lid.
3. Add the diced fennel and cook the entire mixture for approx. further 7 minutes.
4. Drain the cooking water and place in a container. Add the apple juice, rapeseed oil, oat flakes and approx. 6tbsp of cooking water to the cooked ingredients.
5. Puree everything together to the consistency you want. Stir occasionally and add a little water if required.

Note: Oat flakes swell up greatly. If the puree sits a little longer, some water may need to be stirred into it again before feeding.

Kohlrabi and Potatoes with Pork

100g kohlrabi
50g potatoes
30g lean pork
(e.g. escalope)
35g apple juice
8g rapeseed oil
2tbsp water

1. Cut the kohlrabi and potatoes into pieces of about the same size.
2. Pour the water into a pot and bring to the boil. Add the vegetables. They should be almost covered by water. Cook the vegetables at medium heat for approx. 15 minutes with the lid closed.
3. Cut the meat into 3 pieces of the same size, add to the vegetable potato mixture and continue cooking for approx. further 5 minutes.
4. Drain the cooking water and place in a container. Add the apple juice, rapeseed oil and approx. 2tbsp of cooking water to the cooked ingredients.
5. Puree everything together to the consistency you want. Stir occasionally and add a little water if required.



Broccoli and Paprika with Pasta and Cod

50g broccoli
50g yellow paprika
60g whole-grain pasta (cooked)
30g cod (no seasoning)
10g rapeseed oil
2 tbsp water
Fresh parsley

1. Boil the pasta, without salt, according to the instructions on the pack or take it from your family's meal.
2. Clean the broccoli and peppers and cut into small pieces.
3. Pour the water into a pot and bring to the boil. Add the vegetables. They should be almost covered by water. Cook the vegetables at medium heat for approx. 10 minutes with the lid closed.
4. Cut the cod into 3 pieces, add to the vegetables and continue cooking for approx. further 5 minutes.
5. Drain the cooking water into a container.
6. Add the pasta, rapeseed oil and 2 tbsp of cooking water to the vegetable fish mixture.
7. Puree everything together to the consistency you want. Stir occasionally and add a little water if required.
8. Finely chop the parsley and stir approx. ½ tbsp into the mixture.

Green Beans and Rice with Turkey

100g green beans (deep-frozen or fresh)
60g whole-grain rice (cooked)
30g turkey meat
20g apple juice
10g rapeseed oil
2 tbsp water

1. Boil the rice, without salt, according to the instructions on the pack or take it from your family's meal.
2. Wash and halve the green beans.
3. Pour the water into a pot and bring to the boil. Add the green beans. They should be almost covered by water. Cook the green beans at medium heat for approx. 15 minutes with closed lid.
4. Cut the turkey into 4 cubes, add to the vegetables and continue cooking for approx. 5 minutes.
5. Drain the cooking water and place in a container. Add the rice, apple juice, rapeseed oil and approx. 2 tbsp cooking water to the cooked ingredients.
6. Puree everything together to the consistency you want. Stir occasionally and add a little water if required.



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Fruit Puree for the Fruit and Cereal Puree (5 portions)

80g apples

220g peaches

*(or another in-
season fruit)*

60g bananas

80g apple juice

30g orange juice

1. Cut the apples and peaches into approx. 2cm cubes and puree until coarsely mashed.
2. Quarter the banana and add together with the juices. Puree the entire mixture until you have the consistency you want.
3. Mix the fruit puree into the cereal puree.

Note: The more juice you add, the tastier the smoothie will become.

