

Baby Diet Plan

Breast milk as long as your baby wants it

6+
months

			Type of meal	Product	
EARLY MORNING		Natural	Breastfeeding		
BEFORE NOON		Fruit	Fruit snack		
LUNCH		Vegetables Meat	Meat and vegetables		
AFTERNOON		Natural	Breastfeeding		
EVENING		Fruit Grains	Non-dairy porridge		

Baby Diet Plan

Breast milk as long as your baby wants it

8+
months

			Type of meal	Product	
EARLY MORNING		Natural Grains	Breastfeeding Cereal porridge		
BEFORE NOON		Fruit	Fruit snack		
LUNCH		Vegetables Meat	Meat and vegetables		
AFTERNOON		Fruit	Fruit snack		
EVENING		Grains	Cereal porridge Milk porridge		

*The nutrition calendar serves as a suggestion for parents formed by BFF based on collaboration with independent experts in the fields of pediatrics and child nutrition. The nutrition calendar provides information on the possible ways to introduce certain foods into a child's diet. Since each child's needs are individual, BFF suggests that parents adjust the decision on when to include each food in their child's diet to the child's needs, and in case of additional questions or doubts, seek professional opinions from qualified professionals in the relevant fields.