

Calendar of flavours and textures

Diversifying baby's diet is done step by step. Different products are introduced progressively and with certain textures: raw, cooked, blended, in chunks...
These steps are very important for baby to learn about **chewing and swallowing**, and also about **different flavours and textures**.


Salt taste
receptors
develop

Baby has
dietary
preferences

Baby prefers
umami: one
of the five
basic tastes,
refers to a
savoury taste

Start of
food-based
neophobia:
fear of tasting
new foods
which affects 3
out of 4
children.



	1 month	2 months	3 months	4 months	5 months	6 months	7 months	8 months	9 months	10 months	11 months	12 months	2 nd year	3 rd year		
 Milk	Exclusive breastmilk						Breastmilk possible					Breastmilk possible				
	Exclusive 1 st stage milk			1 st stage milk 850–900ml per day		2 nd stage milk (min. 500 ml/d) 2*210 ml + [1* 210ml]			2 nd stage milk (min. 500 ml/d) 1*210 ml [+ 1* 210ml + 1* 180]			Growth milk 1*240 ml + [1* 240ml]				
Dairy products						1 (afternoon snack) to replace a bottle		1 (afternoon snack) + 1 (evening) to replace a bottle				1 (afternoon snack) to replace a bottle + 1 (evening)				
Textures				Purée / Blended					Coarsely blended / mashed small chunks				Ground then chunks			
Vegetables (2/3)				Try carrot, zucchini, leek whites, green beans, pumpkin, artichoke, spinach	All											
Carbohydrates (1/3)				Potato	All, except pulses										Pulses from 18 months avoiding those with thick skins (kidney beans, chickpeas...)	
Meat, fish, eggs					White meat, fish, beef, mixed eggs 5g	All 10g						All 20g (1/2 egg)		All 30g		
Added fat					1 teaspoon of vegetable oil (rapeseed, olive...) or 1 small knob of butter at each meal						2 teaspoons of vegetable oil		3 teaspoons of vegetable oil			
Fruit					Cooked apple, banana, pear, quince	All cooked			All raw and mashed							
					Tasting (afternoon snack)	1 lunch + afternoon snack depending on appetite						1 lunch + 1 evening + afternoon snack depending on appetite				
Cereals				Gluten-free: 2 level tsp in 1 bottle		With gluten: 2 level tsp in 1 bottle, then increase by one tsp per month until 12 months			Small pasta in soup							
Bread and cereal products												Bread and butter in the morning slice of bread (lunchtime)				
Drinks	Pure water (in the event of a fever or hot weather)					Pure water (at all times)										



No consumption



Recommended start of consumption



Consumption