



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	No consumption					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						No consumption					Purée / Blended			Coarsely blended / mashed small chunks
Vegetables (2/3)	No consumption										Try carrot, zucchini, leek whites, green beans, pumpkin, artichoke, spinach	All		
Carbohydrates (1/3)						No consumption					Potato	All, except pulses		
Meat, fish, eggs	No consumption										White meat, fish, beef, mixed eggs 5g	All 10g		
Added fat						No consumption					1 teaspoon of vegetable oil (rapeseed, olive...) or 1 small knob of butter at each meal			
Fruit	No consumption										Cooked apple, banana, pear, quince	All cooked		All raw and mashed
						No consumption					Tasting (afternoon snack)	1 lunch + afternoon snack depending on appetite		
Cereals	No consumption										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						No consumption								
Drinks	Pure water (in the event of a fever or hot weather)										Pure water (at all times)			

No consumption
 Recommended start of consumption
 Consumption