

Baby's Food Guide

Joyful Eating for the Whole Family!



Ruokakasvatusyhdistys
RUUKKU



SYDÄNLIITTO

neuvokas
perhe



Euroopan unionin
osarahoittama



Guide Authors and Background Information

The guidelines are based on the nutrition recommendations for families with children issued by the Finnish National Nutrition Council (VRN). The guide was produced by the Food Education Association Ruukku and the Finnish Heart Association as part of the Food Joy for Everyone! project in 2022, funded through a health promotion grant from the Ministry of Social Affairs and Health (STM).

The guide has been updated and translated into several languages as part of the Niitty 2: Working together with immigrant families for a better everyday life project (2023–2026). Niitty 2 is a project co-funded by the European Union and implemented by Tampere University of Applied Sciences, the Wellbeing Services County of Pirkanmaa, and the City of Tampere.

Images: VRN and Canva, on the page 12 M365



Instructions for use:
You can share individual pages
from the guide with clients
according to the baby's age!



Ruokakasvatusyhdistys
RUUKKU



SYDÄNLIITTO

**neuvokas
perhe**



Euroopan unionin
osarahoittama



**Pirkanmaan
hyvinvointialue**



Tampereen
ammattikorkeakoulu



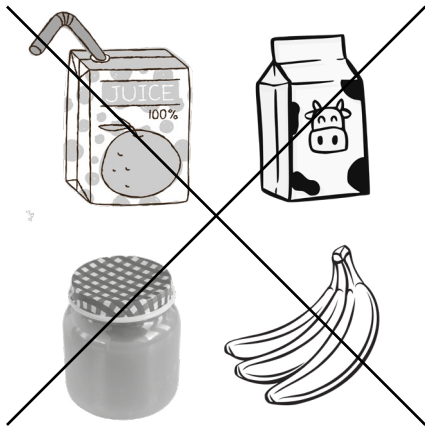
TAMPERE

Baby 0-4 months

3



Breastfeed or give infant formula whenever the baby is hungry.



Milk is the baby's only food. The baby does not eat solid foods yet.



Give your baby vitamin D.

Baby 4-6 months

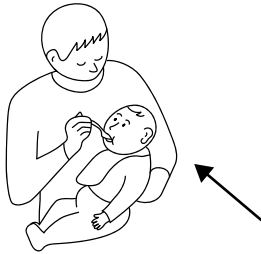
4



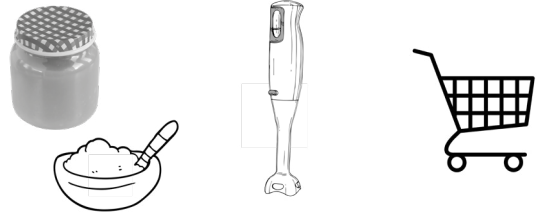
Breastfeed or give infant formula whenever the baby is hungry.



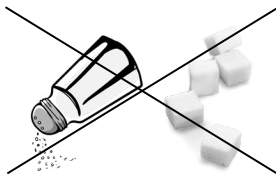
The baby can start tasting small amounts of food. Tasting is not yet necessary at this age.



- The baby can start eating food when:
- the baby hold their head up
- the baby looks at food
- the baby wants to taste



You can make purées at home or buy them from the store.



No salt, sugar, or honey.



Give your baby vitamin D.



From 4 months:



Vegetables

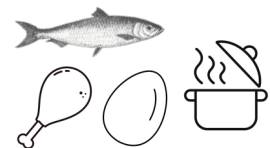
Berries

Fruits

From 5 months



Porridge (oats, rye, barley, millet, buckwheat)



Fish
Chicken
Meat
Egg

Baby 6-8 months

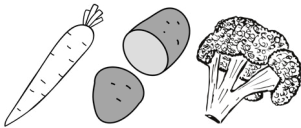
5



Breastfeed or give infant formula whenever the baby is hungry.



At 6 months, the baby needs more than just milk.



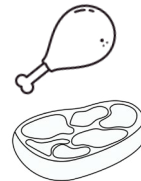
Vegetables



Pasta, noodles, rice, bread



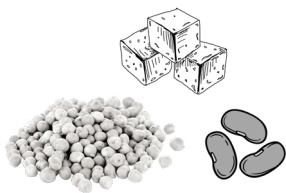
Fish



Chicken, meat



Egg



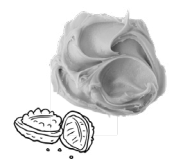
Beans, lentils, peas, tofu



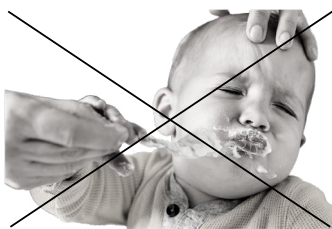
Fruit



Berries



Peanut butter, peanut flour



If the baby doesn't want to eat, don't force them.

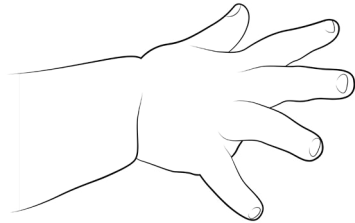


Give your baby vitamin D.



Baby-led weaning (from 6 months)

6



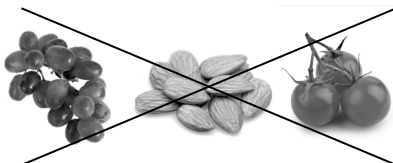
The baby explores and eats food with their hands.



The baby makes a mess.

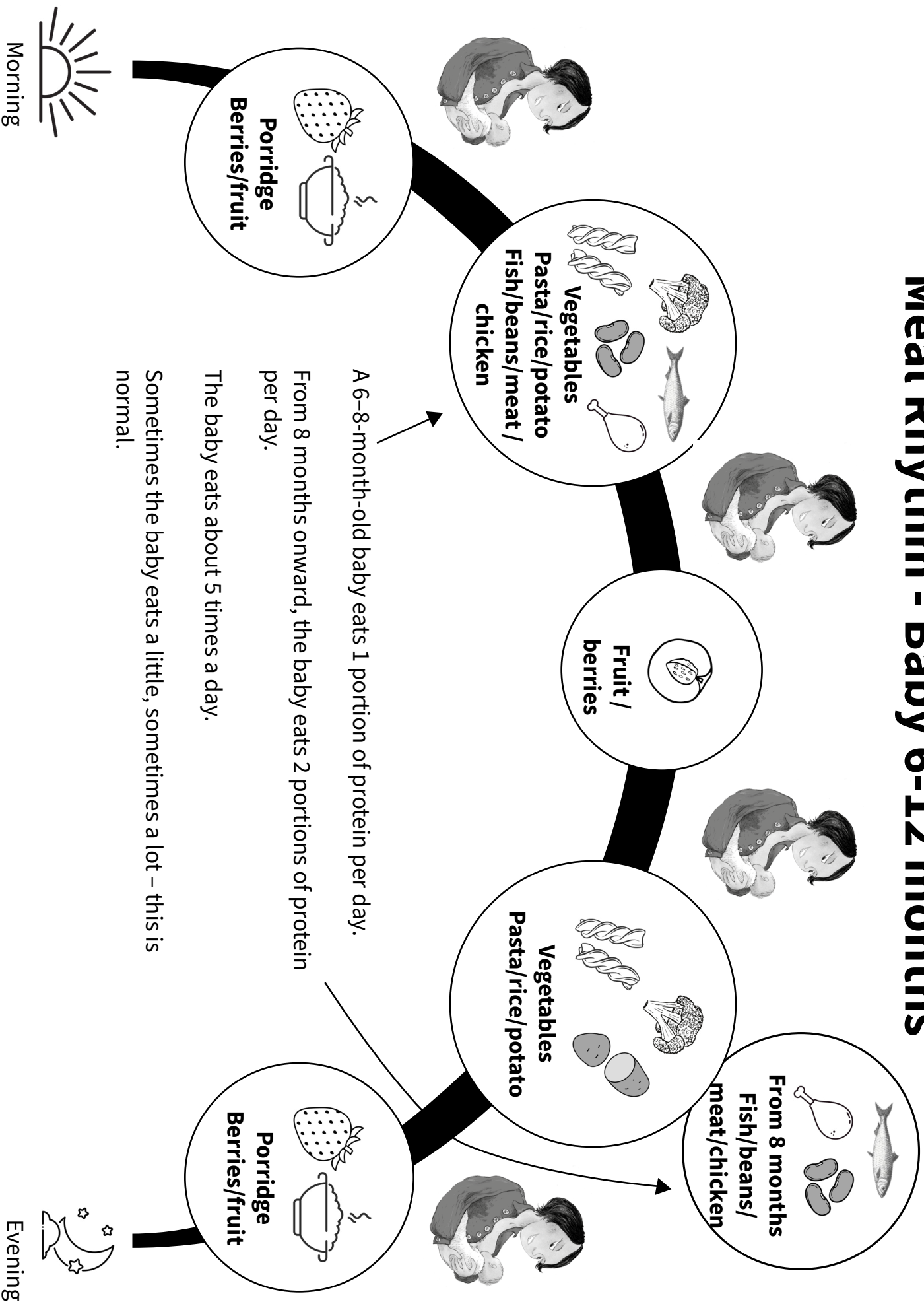


The baby sits in a high chair while eating.



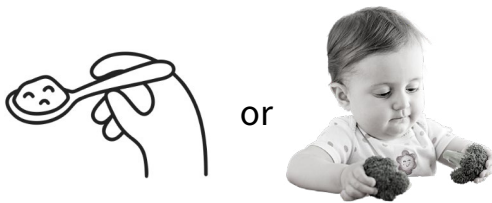
Only offer soft food.
No hard or round foods - they can be a choking hazard.

Meal Rhythm - Baby 6-12 months

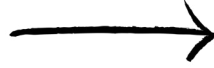


Baby 8–12 months

8



First food,



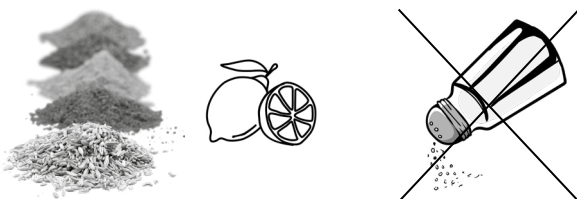
then breastfeeding / infant formula



Offer new foods to the baby.
The baby doesn't have to eat everything.



Use a spoon.



You can use spices.
No salt.



Give your baby vitamin D.



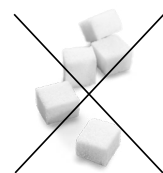
Baby 10+ months



Yogurt (made from cow's
milk, soy, oat, or almond)



Quark, sour milk (viili)



No sugar.

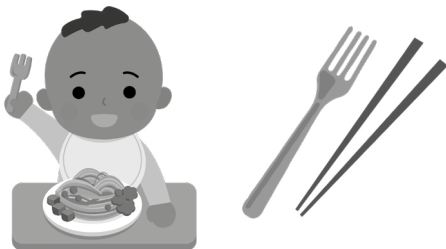
Child 1 year and older

9

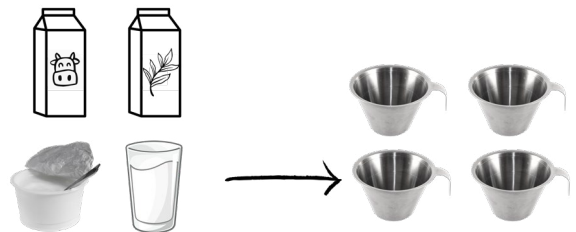


The child eats the same food as the rest of the family.

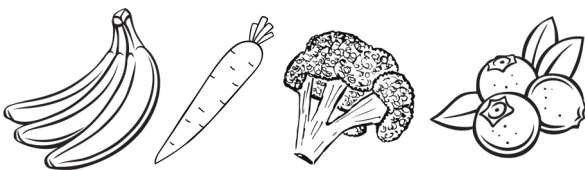
A baby does not need milk or food at night.



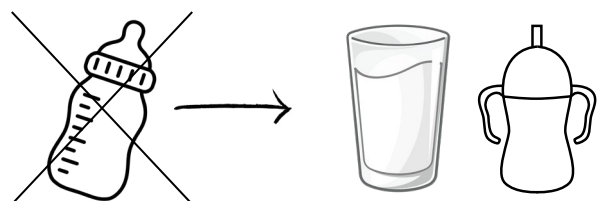
The child practices eating with utensils



A total of 4 dl (400 ml) per day of dairy products or fortified plant-based alternatives (with calcium, vitamin D, vitamin B12, and iodine).
Cow's milk, soy milk, oat milk, sour milk, yogurt, quark



The child eats new vegetables.
Offer vegetables 5 times a day.



A 1-year-old does not need a baby bottle.



The Heart Symbol means
the food is healthy



Give your child vitamin D.



Vegetables for children under 1 year

10

Root vegetables



Potato
Peruna



Carrot
Porkkana



Sweet potato
Bataatti



Celeriac
Juuriselleri



Rutabaga (swede)
Lanttu



Parsnip
Palsternakka

Berries



Strawberry
Mansikka



Lingonberry
Puolukka



Blueberry
Mustikka



Raspberry
Vadelma



Currants
Herukat



Gooseberry
Karviainen

Fruits



Banana
Banaani



Apple
Omena



Persimmon
Persimon



Orange
Appelsiini



Mandarin
Mandariini



Pomelo
Pomelo



Mango
Mango



Honeymelon
Hunajameloni



Watermelon
Vesimeloni



Kiwi
Kiivi



Pineapple
Ananas



Pear
Päärynä



Plum
Luumu



Peach
Persikka



Grape
Viinirypäle



Fig
Viikuna



Pomegranate
Granaattiomena



Avocado
Avokado

Vegetables



Cucumber
Kurkku



Bell pepper
Paprika



Tomato
Tomaatti



Brussels
sprouts
Ruusukaali



White cabbage
Valkokaali



Cauliflower
Kukkakaali



Broccoli
Parsakaali



Zucchini
(courgette)
Kesäkurpitsa



Asparagus
Parsa



Green beans
Vihreä papu



Pea
Herne



Eggplant
(aubergine)
Munakoiso



Onion
Sipuli



Leek
Purjo



Garlic
Valkosipuli

From 5 months

Cereal products served as porridge or purée

oatmeal
barley porridge
rice porridge
spelt porridge
rye porridge

Egg

Boiled egg
Omelette

Meat

minced meat and whole cuts
(chicken, pork, beef, lamb,
game meat)

Sausages and cold cuts are
not suitable for babies.

Fish

salmon
Alaska pollock
perch
pike perch
vendace
whitefish

Offer boneless,
fully cooked,
and unsalted fish.

Prefer steaming, boiling, and oven baking when cooking.

From 6 months

Grain products as finger foods

pasta
noodles
rice, barley
quinoa
bread (low-salt)

Legumes

pea
lentil
chickpea
broad bean
black bean
white beans
tofu (plain)

Dried spices

ginger (also fresh)
turmeric
paprika powder
cumin
pepper
dried herbs
Ceylon cinnamon
cardamom
clove

Nuts

as nut flour or nut butter, e.g. peanut, cashew, walnut, pecan

Seasoning is allowed!
Avoid spices such as
honey, salt, sugar,
fresh herbs, and cassia
cinnamon.

From 10 months

Dairy products (including plant-based alternatives)

yogurt
quark
sour milk (viili)
sour milk (piimä)
cottage cheese
oat"yogurt"
soija"jugurtti"

Choose dairy
products that are
plain and low-fat
or fat-free.

Breast milk or infant formula provides
high-quality fat for the baby.
There is no need to add extra fat to
food, but if needed, use canola or
rapeseed oil.

Foods not suitable for children under 1 year

No honey or sugar for children under 1 year.

These foods contain sugar:

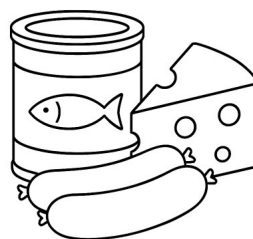
- juices
- fruit soups
- flavoured yoghurts and puddings
- biscuits and pastries



No salt for children under 1 year.

These foods contain salt:

- sausages and cold cuts
- canned food, e.g. tuna
- breads and baked goods
- ready-made meals
- cheeses



Exception: cottage cheese and salt-free or low-salt bread can be given to a baby occasionally, but not every day.

Other foods that should not be given to children under 1 year:

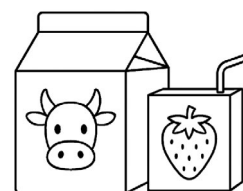
- sushi and seaweed
- raw fish and meat
- liver
- vegetables high in nitrates (e.g., beetroot, spinach, celery)
- seeds
- imported frozen berries without heating
- cinnamon (cassia cinnamon)



Children under 1 year should not drink these:

- juice
- coffee, tea and cocoa
- rice drink, oat drink,
- soy drink
- cow's milk

A baby drinks breast milk or infant formula. When the baby starts eating solid foods, they can also drink a small amount of water with meals.



More information on the Finnish Food Authority's website: <https://www.ruokavirasto.fi/elintarvikkeet/ohjeita-kuluttajille/turvallisen-kayton-ohjeet/>