

Vegetable purée

1/3 potatoes, white rice or pasta with 2/3 vegetables (cauliflower, broccoli, courgette, pumpkin, spinach, tomatoes, fennel, carrot, chicory, etc.).

Simmer until completely cooked. Add a teaspoonful of soft vegetable margarine or vegetable oil. Do not add salt. Purée.

Vary the types of vegetables regularly.

Limit rice to 1x per week.

Boil the rice in a sufficient water (6 times as much water as rice) and drain the liquid prior to serving.

At first, supplement with milk-based food as necessary

Easily digestible dried pulses (lentils and chickpeas): from 6 months upwards

No cabbage or beans

Vegetables rich in nitrates (lettuce, spinach, endive, beetroot, fennel, etc.): no more than twice a week, simmer in plenty of water and discard cooking liquid, do not combine with fish, do not reheat, do not store

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Groentepap

1/3 aardappelen, witte rijst of deegwaren met 2/3 groenten (bloemkool, broccoli, courgette, pompoen, spinazie, tomaten, venkel, wortel, witloof, enz.).

Koken tot het volledig gaar is. Koffielepel zachte plantaardige margarine of plantaardige olie toevoegen. Voeg geen zout toe. Maak alles fijn.

Regelmatig variëren in de soort groente.

Beperk rijst tot 1 keer per week. Kook rijst in een voldoende grote hoeveelheid water (6 keer zoveel water als rijst) en giet het kookwater weg alvorens de rijst op te dienen.

In het begin nog aanvullen met melkvoeding volgens behoefte.

Licht verteerbare peulvruchten (linzen en kikkererwten): vanaf 6 maanden. Geen bladkolen of bonen.

Nitratrijke groenten (sla, spinazie, andijvie, rode biet, venkel enz.):

beperken tot 2x/week; koken in veel water en vocht weggooien; niet combineren met vis; niet heropwarmen; niet bewaren

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