

### Mashed fruit mix

When starting on mashed fruit mix: add milk food to taste. Once your baby can take the mashed fruit mix on its own, there is no need to continue adding milk food.

Fruit: well ripened and in adequate variety.

#### **Non-flavoured infant cereal or infant rusk:**

- Glutens may be gradually used from (4 -) 6 months, irrespective of breast-feeding or artificial feeding.
- Use infant cereal or infant biscuits (rusks) suitable for infants to thicken the fruit puree (is not always necessary).

#### **Recipe for half mashed fruit mix:**

a few tablespoons of cereal or ½ rusk (there are usually 2 per pack)

**fruit:** mash ½ a grated apple or ½ pear or ½ kiwi or ½ banana or a small piece of melon etc. Or a mixture of fruits.

**fruit juice:** fresh juice of ½ orange or ½ grapefruit (juice may be strained or even diluted with water)

If it goes well, increase the amount to ¾ and finally to 1 (a full portion of mashed or pureed fruit).

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### Fruitpap

**Bij start fruitpap:** aanvullen met melkvoeding volgens behoefte.

Neemt baby volledige fruitpap, is aanvulling melkvoeding niet meer nodig.

**Fruit:** goed rijp en voldoende variëren in soort.

#### **Ongezoet kindermeel of kinderkoek:**

- Glutens mogen vanaf (4 -) 6 maanden geleidelijk gebruikt worden, ongeacht borst-of kunstvoeding.
- Gebruik meel of koek geschikt voor zuigelingen om de pap in te dikken (hoeft niet altijd).

#### **Recept halve fruitpap:**

enkele eetlepels meel of ½ koek (meestal zitten er 2 in één verpakking)

**fruit:** ½ geraspte appel of ½ peer of ½ kiwi of ½ banaan of stukje meloen enz. Je mag ook fruitsoorten combineren.

**fruitsap:** vers sap van ½ sinaasappel of ½ pompelmoes (het sap mag gezeefd zijn of eventueel verdund met water).

Gaat dit goed, verhoog de hoeveelheid tot ¾ en uiteindelijk tot 1 (een volledige fruitpap).

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