

Meat/fish

Start with 15 to 20 grams (= 1 tablespoonful) of meat or fish.
25 to 30 grams at the age of 1 year
Meat: chicken, turkey, horse, lean beef, veal or pork
Fish: twice a week. Alternate between oily and non-oily.
Choose fresh fish: cod, ray, salmon, sole, plaice, flounder, etc.
Boil or steam meat or fish with the vegetables.
Purée.
Add a dessertspoonful of vegetable margarine or vegetable oil.
Do not add salt.
Half an egg from 6 months upwards. Boil for 10 minutes.

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Vlees/vis

Start met 15 à 20 gram (= 1 eetlepel) vlees of vis.
25 à 30 gram op de leeftijd van 1 jaar
Vlees: kip, kalkoen, paard, mager runds-, kalfs- of varkensvlees
Vis: 2 x per week. Wissel vette en halfvette af.
Kies verse vis: kabeljauw, rog, zalm, tong, pladijs, schol, enz.
Vlees of vis meekoken of stomen met de groenten.
Fijnmalen.
Eetlepel zachte plantaardige margarine of plantaardige olie toevoegen.
Voeg geen zout toe.
Een half ei kan vanaf 6 maanden. Kook het 10 minuten.

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