


HiPP Diet Plan for the First Years



Recommended meal	From birth until the 4th month	<u>Introduce weaning food step by step</u> From 4 to 6 months*	From the 7th month	From the 8th month	From the 10th month	From the 12th month	From the 15th month	from 1½ years to 3 years	
Early morning	Breast milk or HiPP 1		HiPP 2 or HiPP Good-Morning-Bottle		HiPP 3		HiPP Growing-up Milk or Good Morning Muesli		
Morning, if needed	Breastmilk	Breast milk or HiPP 1		Mild Fruit / Juices					
Lunchtime	milk formulae: HiPP Pre or HiPP 1	Vegetables		Menu or Soup		Menu or Children's Organic Pasta			
		Mild Fruit or Juices as a dessert							
Afternoon	Organic cereal paps / Fruit & Cereals / Small Confection of Pastry or Fruit & Yoghurt								
Evening	Good-Night-Pap / Milkpap or Good-Night-Bottle								
At meals and in between	HiPP Baby Tea and HiPP Baby Water if needed	HiPP Tea Drinks / Tea & Fruit / Fruit Juice with Mineral Water / Juices / HiPP Baby Water							
In the case of an allergy risk	Breast milk or hypoallergenic infant formula HiPP HA1 Plus	<ul style="list-style-type: none"> According to the latest scientific findings, today - for starting with complementary food - the same recommendations as to children without increased allergy risk apply. The introduction of complementary food does not require the renunciation of certain foods any more. Introduce complementary food gradually, 1 new ingredient after the other. Products suitable for gradual introduction are of simple composition and can be identified by means of this symbol: 					<ul style="list-style-type: none"> As to milk meals, you can change from HA1 Plus to HA2 Plus from 6 months. In case of any questions concerning the introduction of complementary food please do not hesitate to contact your paediatrician or midwife. 		

You can identify HiPP product groups by the following colour code:



Breastfeeding is best for your baby. If you don't breastfeed, we recommend using age-appropriate HiPP milk formulae or HA formulae.

* please start introducing weaning food in accordance to the baby's development

