



FEEDING SCHEDULE FOR BREASTFED INFANTS *

Infant's age (months)	Milk	Supplementary meals
1-4	Breastfeeding on demand	Without supplementary meals
5-6	Breastfeeding on demand	Introduce a small amount of gluten in the form of semolina or gluten cereal gruel: 1 x 2-3 g (half a spoon) per 100 ml in mashed vegetables
7-9	Breastfeeding on demand	Vegetable soup or mashed vegetables, with boiled meat or fish (1 - 2 twice a week), gluten cereal gruel, and 1/2 of a yolk every second day. Gluten or gluten-free gruel. Fruit juice (puree, if possible) or fruit puree, maximum 150 g.
10	Breastfeeding on demand	Two-course dinner: vegetable soup with gluten gruel and vegetables with boiled meat (fish, 1-2 times a week), 1/2 of a yolk added to a meal every day. Gluten or gluten-free gruel, small portions of bread, biscuits, rusks. Fruit puree or juice (no more than 150 g).
11-12	Breastfeeding on demand	Two-course dinner: vegetable soup with gluten gruel and vegetables with boiled meat (fish, 1-2 times a week), or with potato or rice, and a whole egg (3-4 times a week). Cereal products (gluten or gluten-free gruel, bread, biscuits, rusks) combined with dairy products (e.g., follow-up milk, curd cheese, yogurt, kefir - a few times a week). Fruit puree or juice (no more than 150 g).