

Nutrition plan for the first year of life

The "Nutrition plan for the first year of life" of the FKE (Scientific Department for Childhood Nutrition of the University Children's Clinic Bochum) demonstrates the three stages of infant feeding based on nutritional and developmental physiology. In the complementary feeding phase, the three complementary meals are supplemented with the remaining milk in a modular system to provide a balanced supply of nutrients. The plan is a central component of nutrition information and nutrition counseling in Germany.

Nutrition plan for the first year of life

Scientific Departement for Childhood Nutrition
University Children's Clinic Bochum

