

nutrition

age	breast milk	bottle
newborn - 1 month		
1 - 4 months		
4 - 6 months		
6 - 9 months		
9 - 12 months		
12 - 24 months		

grains	fruits & vegetables	yogurt, meat & poultry

food – step by step

new food		date
preparation	quantity	age

notes	
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new food		date
preparation	quantity	age

notes	
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preparation	quantity	age

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new food		date
preparation	quantity	age

notes	
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recipes

difficulty



recipe

servings



ingredients

preparation time



cooking time



cooking process



notes

rating



preparation

recipe

difficulty



ingredients

servings



preparation time



cooking time



cooking process



notes

rating



preparation

ask the doctor

tips & advice