




Information on infant nutrition in the first year of life

Which infant formula is best for my baby?

Breastfeeding is the best food for babies. If you do not breast-feed your baby, you can choose between a variety of different infant formula. It might be difficult to distinguish which one is appropriate. In Germany, infant formula is categorized mainly into 3 types depending on the grade of adaption to breast milk. The following table gives you information on labelling and advice:

Term/ Label	Explanation	Example
'Pre'	Infant formula which is very much adapted to breast milk and can be given from birth until the end of the first year of life. Very good choice.	
'1'	Slightly less adapted to breast milk (can contain different sugars). Can also be given from birth until the end of the first year of life. Good choice if free from sugar.	
'2'	Much less adapted to breast milk. Not necessary.	

How do I introduce solid foods?

More information on how to introduce solid foods once your baby is older and what else is important for your baby is available on the internet www.gesund-ins-leben.de. You will find leaflets in different languages:

- [Information on infant nutrition in the first year of life](#) :
- [Information brochure in Arabic language](#)
- Short version leaflet: [What babies need! In Arabic language](#)

Don't hesitate to write us an email to ernaehrung@vzhh.de, if you have any more questions. Alternatively, you can also call us by phone : 040 24832-240 (Mondays to Wednesdays from 10 am to 2 pm). On Mondays questions can also be answered in English by Mrs. Karin Riemann.