



	Weight	after 4 months	from 6 months	from 8 months	stool softening	stool regulating	stool firming	without carrots (less firming)	contains carrots	with potatoes (stool regulating)	gluten-free	free from milk protein	egg-free	low-allergen
<b>Single-vegetables</b>														
Carrots	190 g	✓					✓				✓	✓	✓	✓
Parsnip	190 g	✓				✓					✓	✓	✓	✓
<b>First vegetable meals</b>														
Carrots & Potatoes	190 g	✓					✓				✓	✓	✓	✓
Parsnip with Potatoes <b>new</b>	190 g	✓				✓					✓	✓	✓	✓
Pumpkin with Rice	190 g	✓				✓					✓	✓	✓	✓
Spinach with Potatoes <b>new</b>	190 g	✓			✓		✓				✓	✓	✓	✓
<b>Meat jars</b>														
Beef	125 g	✓									✓	✓	✓	
Turkey	125 g	✓									✓	✓	✓	✓
<b>Vegetable and meat meals</b>														
Carrots, Potatoes and Beef	190 g	✓					✓				✓	✓	✓	✓
Parsnip, Potatoes and Beef <b>new</b>	190 g	✓				✓					✓	✓	✓	✓
Pumpkin with Chicken <b>new</b>	190 g		✓			✓					✓	✓	✓	✓
<b>Vegetable meals</b>														
Broccoli with Rice	190 g		✓			✓		✓			✓	✓	✓	✓
Zucchini, Pumpkin & Potatoes	190 g		✓		✓						✓	✓	✓	✓
Potatoes, Peas and Zucchini <b>new</b>	190 g		✓		✓		✓				✓	✓	✓	✓
Mixed Vegetables	190 g		✓		✓						✓	✓	✓	✓
<b>Junior meals</b>														
Mixed Vegetables with Rice	220 g			✓		✓					✓	✓	✓	✓
Spaghetti Bolognese <b>new</b>	220 g			✓		✓					✓	✓	✓	✓



	Weight	after 4 months	from 6 months	from 8 months	stool softening	stool regulating	stool firming	Pear	Apple	Banana (stool firming)	gluten-free	free from milk protein	egg-free	low-allergen
<b>100% fruit jars</b>														
100% Apple	125 g	✓				✓					✓	✓	✓	✓
100% Pear	125 g	✓				✓					✓	✓	✓	✓
Apple and Banana <b>new</b>	125 g	✓					✓				✓	✓	✓	✓
<b>Fruit jars</b>														
Apple	190 g	✓				✓					✓	✓	✓	✓
Apple & Pear	190 g	✓				✓					✓	✓	✓	✓
Apple & Bilberry	190 g	✓				✓					✓	✓	✓	✓
Apple & Peach	190 g	✓				✓					✓	✓	✓	✓
Pear and Apricot <b>new</b>	190 g	✓				✓					✓	✓	✓	✓
Banana and Cherries <b>new</b>	190 g	✓				✓					✓	✓	✓	✓
<b>Apple and Plum <b>new</b></b>														
Apple and Plum <b>new</b>	190 g		✓			✓					✓	✓	✓	✓
Apple & Banana with Apricot	190 g		✓			✓					✓	✓	✓	✓
Pear with Spelt Flakes <b>new</b>	190 g		✓			✓					✓	✓	✓	✓
Banana with Semolina	190 g		✓				✓				✓	✓	✓	✓
<b>Junior fruit jars</b>														
Apple and Pear with Quince <b>new</b>	220 g			✓		✓					✓	✓	✓	✓
Birchermuesli with Fruits	220 g			✓		✓					✓	✓	✓	✓
Apple with Fruits of the Forest <b>new</b>	220 g			✓		✓					✓	✓	✓	✓

**Vegetables:** Parsnip Pumpkin Carrot Potato  
**Fruits:** Apple Pear Banana



# Holle



## Nutrition Guide

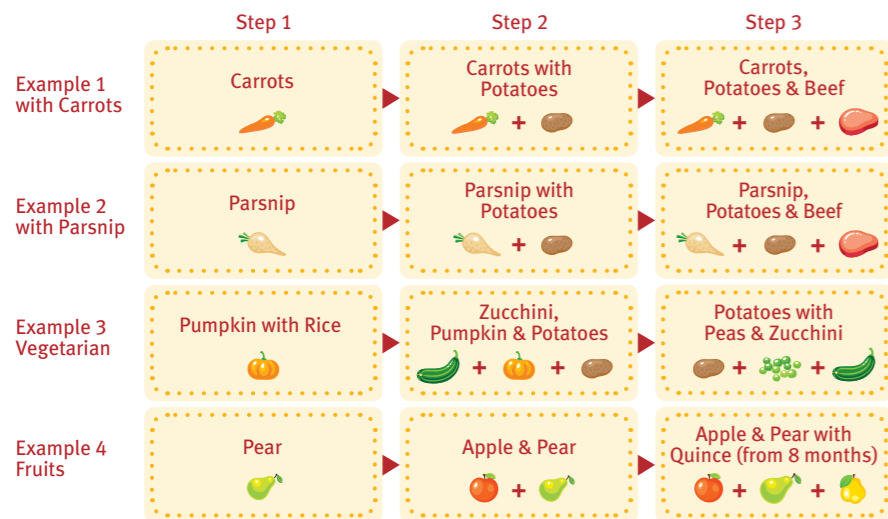
Introducing solid food with Holle baby jars

## Introducing solid food

For most babies, after about 4 to 6 months mother's milk is not always enough. The first non-milk meal should be a vegetable purée given at lunchtime. When first introducing solids, you only need to feed a few spoonfuls of the purée before giving milk. Gradually increase the amount of solids until the whole milk meal has been replaced. Carrots, parsnip and pumpkin are mild and ideal vegetables for first purées. When introducing your baby to solids always err on the side of caution so as to readily identify possible intolerances or allergies. A good rule of thumb is to only introduce one new food per week and one new meal per month.

## Introducing solids with Holle jars

Holle's jar range is based on the general recommendations for introducing babies to solid food. First solids should consist of just a single food so as not to stress your baby's developing digestive system. At first, single varieties such as carrots or parsnips are suitable. Next, your baby can try our small baby menu jars with potatoes and later on with another vegetable or meat. Below, you'll find examples of how you can gradually introduce more solid foods with Holle jars and so develop your baby's palate.



The new Holle jar range was developed to better help parents systematically support their baby's digestion. There are varieties to regulate your baby's stools and also softening varieties such as Apple & Plum. If particular ingredients have to be avoided, this can now be done more easily. We have a complete carrot as well as a parsnip range. Carrots have a rather stool firming effect. Should your baby need an alternative to carrot you can try parsnip. As an alternative to jars that contain rice, there are new vegetable meals with potatoes – they have a less stool firming effect. This way you can easily choose according to your baby's individual needs. In addition to well-tried varieties there is now an even broader selection. With green peas, quince or fruits of the forest every baby can experience a naturally flavoursome and varied diet. The chart overleaf gives a quick overview of the different effects of ingredients on a baby's stools. The new classification into 3 age brackets – “after 4 months”, “from 6 months”, “from 8 months” – makes it easier to choose food according to your baby's age.

### Product Qualities

- No added sugar (contains only naturally occurring sugars)
- No added salt
- No thickeners
- Low allergen risk: dairy, lactose and egg free
- Many gluten free varieties

The chart overleaf gives a quick overview of the different effects of ingredients on a baby's stools. The new classification into 3 age brackets – “after 4 months”, “from 6 months”, “from 8 months” – makes it easier to choose food according to your baby's age.



You can either prepare these porridges with home-cooked vegetables or meat or add several ready-prepared ingredients such as vegetables or meat from the Holle jar range.

### Vegetable, Potato & Meat Purée

#### Ingredients:

- 90 g vegetables (e.g. freshly puréed carrots or a Holle carrot jar)
- 40 g potatoes
- 20 g meat or ½ jar Holle pure meat jar (beef or turkey)
- 2 teaspoons Holle Organic Baby Weaning Oil
- 3 teaspoons of vitamin C containing fruit juice



### Fruity Cereal Porridge

#### Ingredients:

- 20 g Holle Organic Porridge of your choice
- 90 g water
- 100 g fruits (freshly puréed or a Holle 100% fruit jar)
- 1 teaspoon Holle Organic Baby Weaning Oil



# Holle

For more information about Holle and our complete range please visit us at [www.holle.info](http://www.holle.info).