



*All the right things  
for every meal.*

The simple way healthy baby food is prepared,  
fed or kept fresh.



*Understanding Life.*

...“Nothing but  
fresh for us.”...

**Our recommendation for healthy development:  
a lot of love and nutrition rich in vitamins.**

For over 50 years, we have been involved in the development of children in the first years of their lives. Together with midwives, paediatricians and parents, we develop products that further children in their natural development and make parents' lives easier. Healthy nutrition is of particular concern to us, as the provision of vital nutrients and vitamins is the best foundation for growing big and strong.

In this brochure, we want to show not only how you can prepare fresh and healthy meals for your baby very easily yourself, but also which products can help you when preparing and feeding, as well as help keep the food fresh. So: pans at the ready, steady, go!



...“Such an appetite for life. I hope you stay so inquisitive!”...

### Preparing and keeping healthy food fresh: with NUK Fresh Foods products.

When is it time for solids, ask many mothers, and how does it actually work? It is recommended to give the first puree at 5 months at the earliest and 7 months at the latest. Best of all is if the puree is just as tenderly loving and natural as breastfeeding – made by you. It is preferable to take only fresh vegetables rich in vitamins and a large helping of patience! That is to say your child still has first to learn how to eat solids from a spoon. When preparing a family meal, if you gently cook a little more vegetable than you need with not much water and then make it into a smooth puree, you can freeze it into portions. The NUK Freezer Tray has room for nine little portions of puree, which can be removed individually and defrosted for the next spoon trial.

With the NUK Food Masher & Bowl you can conjure up delicious purees in next to no time for children who are already masters of purees: simply gently cook the ingredients until they are soft, put them in a bowl and mash them with the masher – your baby's meal is ready. The NUK Food Masher & Bowl is great for when you are travelling, e. g. in a restaurant to make part of your food into a meal for your child - puree bowl included.

Another highlight are the NUK Mini Ice Lollies, as children just love ice-cream! And mothers love when it is healthy. This is the way to make a healthy snack from fresh pureed fruit or pure fruit juice that lights up children's eyes.



Food Masher & Bowl



Freezer Tray



Mini Ice Lollies

...“You learn  
spoonful by  
spoonful.”...



**Learn to eat like the big kids:  
with the NUK Easy Learning for eating.**

When big eyes count your every bite, it's usually time for the first puree. The NUK Feeding Spoon Soft makes the transition from breast or bottle easier – it is made from soft silicone and is specially shaped for little children's mouths. Once your child has got used to feeding with this spoon, you can move on to the NUK Feeding Spoon.

The NUK Easy Learning Feeding Bowl has an extra-high rim and thanks to the suction cup on the base, it can't be immediately thrown enthusiastically from the table, making the first attempts at eating without your help just that little bit easier. The NUK Easy Learning Plate and the NUK Easy Learning Mini Cutlery Set complete the practical range. The plate has an “anti-slip” base so that it can also stay safely on the table. The Easy Learning Mini Cutlery with rounded edges and prongs is the perfect size for children's hands and mouths. Once the first independent attempts at eating are successful, you can turn to “real” cutlery at around 18 months: NUK Easy Learning Maxi Cutlery has a spoon, fork and knife of high-quality stainless steel which are perfect for children's hands – and in proud children's eyes, they look almost like the cutlery of adults.

A great little companion for out and about is the new NUK Snack Box: pieces of fruit for when your child feels a little hungry stay in the box and don't fall out. Soft slats in the lid mean the contents only come out when your child reaches in. Also suitable for car seats and Grandma's new sofa.



*Easy Learning Feeding  
Bowl and Plate*



*Cutlery Set and  
Feeding Spoon*



*Snack Box*

...“If only everything were as easy as learning to drink.”...

**From the breast to the cup in three steps:  
with the NUK Easy Learning for drinking.**

Splash! The first attempts at drinking often involve getting wet. For learning to drink is a great challenge for children: to get successfully from sucking to drinking from the rim of a cup, they have to relearn correctly. To help children do this, there is a step-by-step approach with NUK Learner Bottles and Cups which, thanks to leak-proof valves, prevent the odd flood or two.

The Easy Learning drinking range offers three cups with different lids and one goal: independent drinking! Cup 1 for children over six months has a soft spout, which offers a soft transition from the breast or bottle, and two anti-slip handles that are easy to hold. Cup 2 combines sucking and drinking from the cup rim with its firm lid and is recommended from ten months on. Cup 3 has no handles and with a firm, broad rim can be simply converted into a cup for children over 14 months in age. All the Easy Learning Cups, just like the First Choice Baby and Training Bottles, can be easily combined with each other.



Easy Learning  
Cup 1



Easy Learning  
Cup 2



Easy Learning  
Cup 3