



A guide to baby food in Denmark

Like most things in Denmark the choice is relatively small and it would seem that it reflects the demand for prepared baby foods with most parents preparing food at home. There was certainly a perception amongst Danish parents that pre-made baby food is expensive and they only use it as a supplement or an on-the-go solution.

When you have a baby here the Health Visitor tells you to buy a guide from the Government health department about feeding your baby from birth to toddler age and the emphasis is very much on home cooked and family foods. It can be bought from the pharmacy for around 75dkk or you can download it [here](#). I found it very useful.

All the types of food I mention below are available in most supermarkets and offered mainly by Semper but you can find Heinz and Ella's Kitchen in some places (Helsemin carry the full range of this) and most supermarkets offer an own brand as well. There is a big emphasis on organic (økø) food too.

The best shops to go to for the widest selection of baby food are Kvickly and Føtex.

POUCH FOOD

This is the predominant type of baby food available and it seems to be that sweet ones are the ones the supermarkets stock the largest selection of. There are pouches of the usual suspects of spaghetti Bolognese etc but nothing too exciting. There are also new flavours of sweet ones reflecting the current trend for green smoothies.

JAR FOOD

The traditional type of baby food is, of course, jarred food and this can be found in all supermarkets with varied selections.



POWDERED PORRIDGE OR GRØD

This is something that is everywhere and a type of baby food that is popular with Danes. It is powdered smooth porridges with varieties of flavours from plain to fruit ones and can be mixed with water, formula, breast milk etc and are usually used to supplement homemade foods.

SNACKS

Since I had my son seven years ago, when there are no baby specific snacks available on the market here, I have noticed there are now corn snacks like crisps in some shops and also baby biscuits although these are still not very widely available.

FORMULA

This is available in all supermarkets and is either the powdered variety or pre-made cartons. Organic options are widely available now and it is easy to avoid Nestle if that is what your ethics demand.