

**Table S1.** Practical guidance for weaning between 3 to 12 months of corrected age.

	<b>Variety and Texture</b>	<b>Frequency</b>
	Continue breastfeeding	
<b>3-9 months of corrected age</b>	Start with pudding made out of cereal flour (rice, wheat, corn, semolina) or roots (cassava, potatoes) mixed with vegetable broth, add extra virgin olive oil	2-3 meals per day depending on the child's appetite;
	Mashed family foods (made out of cereal flour or roots mixed with fish or meat, pulses, vegetables, eggs, cheese); add extra virgin olive oil	1-2 nutritious snacks may be offered: available fruits, yogurt, milk, bread
	Continue breastfeeding;	
<b>9-12 months of corrected age</b>	Mashed family foods (made out of cereal flour or roots mixed with fish or meat, pulses, vegetables, eggs, cheese); add extra virgin olive oil	3-4 meals per day depending on the child's appetite;
	Chopped foods that babies can pick up and feed themselves	1-2 nutritious snacks may be offered: available fruits, yogurt, milk, bread

**Table S2.** Growth parameters at 52 weeks of postmenstrual age.

	<b>Group 1 (Early Weaning) (n. 61)</b>	<b>Group 2 (Late Weaning) (n.93)</b>
Body weight, grams	5880 (5618 to 6142)	5715 (5492 to 5939)
Body weight Z-Score	-0.4 (-0.8 to -0.1)	-0.4 (-0.7 to -0.1)
Length, cm	59.8 (58.7 to 61.0)	58.5 (57.6 to 61.0)
Length Z-Score	-0.4 (-1.0 to 0.1)	-0.7 (-1.1 to -0.3)
Body mass index	16 (16 to 17)	17 (16 to 17)
Body mass index Z-Score	-0.2 (-0.6 to 0.1)	0.1 (-0.3 to 0.5)
Ponderal Index	28 (26 to 29)	29 (27 to 31)

Notes. Data were showed as mean (95% confidence interval).

**Table S3** Growth parameters in relation to the presence of morbidity conditions.

	<b>With morbidity conditions (n. 41)</b>	<b>Without morbidity conditions (n.113)</b>
<i>52 weeks of postmenstrual age</i>		
Body weight, grams	5728 (5422 to 6034)	5799 (5593 to 6004)
Body weight Z-Score	-0.4 (-0.8 to 0)	-0.4 (-0.7 to -0.1)
Length, cm	58.8 (57.5 to 60.0)	59.1 (58.2 to 60.0)
Length Z-Score	-0.6 to (-1.2 to -0.1)	-0.6 (-1.0 to -0.2)
Body mass index	17 (16 to 17)	17 (16 to 17)
Body mass index Z-Score	0 (-0.5 to 0.4)	0 (-0.4 to 0.3)
Ponderal Index	28 (27 to 30)	28 (27 to 30)
<i>12 months of corrected age</i>		
Body weight, grams	8830 (8435 to 9225)	9005 (8719 to 9291)
Body weight Z-Score	-0.6 (-0.9 to -0.2)	-0.4 (-0.6 to -0.1)
Length, cm	73.8 (72.4 to 75.2)	73.8 (73.0 to 74.5)
Length Z-Score	-0.2 (-0.6 to 0.3)	-0.1 (-0.4 to 0.1)
Body mass index	16 (16 to 17)	17 (16 to 17)
Body mass index Z-Score	-0.6 (-1.0 to -0.2)	-0.4 (-0.7 to 0)
Ponderal Index	22 (21 to 23)	22 (21 to 23)

Notes. Data were showed as mean (95 % confidence interval).