

Sample Menu for 10, 11, 12 months

Early Morning

- Give feeding as needed

Breakfast

- Breast milk or 2-3 oz. (60-100 ml) formula or 3.25 % MF homogenized milk (offered from a cup)
- 4-6 tbsp. (60-100 ml) infant cereal, 1/2 slice dry toast
- 2-4 oz. (60-125 ml) unsweetened fruit juice (in a cup)

Morning

- Breast milk or 6-8 oz. (175-250 ml) formula or 3.25 % MF homogenized milk

Lunch

- Breast milk or 2-3 oz. (60-100 ml) formula or 3.25 % MF homogenized milk (offered from a cup)
- 2-4 tbsp. (30-60 ml) meat or alternatives
- 2-4 tbsp. (30-60 ml) vegetable, 2-4 tbsp. (30-60 ml) fruit

Afternoon

- Breast milk or 6-8 oz. (175-250 ml) formula or 3.25 % MF homogenized milk
- Snack – see list on page 14

Supper

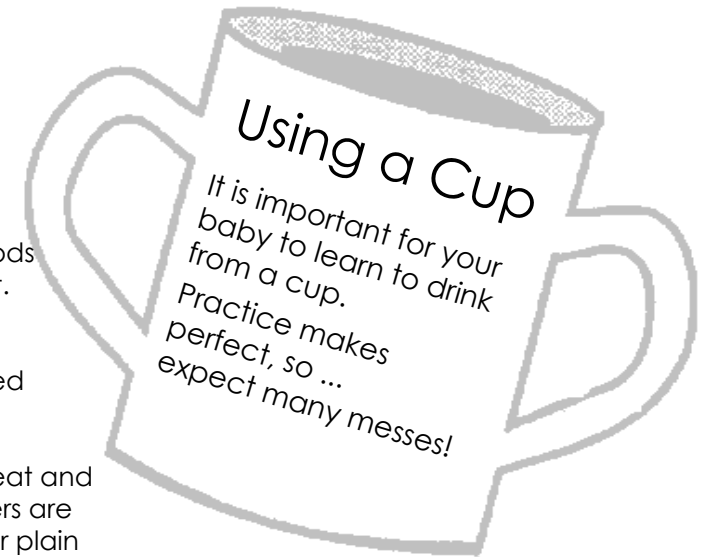
- Breast milk or 2-3 oz. (60-100 ml) formula or 3.25 % MF homogenized milk (offered from a cup)
- 2-4 tbsp. (30-60 ml) meat or alternatives,
- 2-4 tbsp. (30-60 ml) rice or pasta
- 2-4 tbsp. (30-60 ml) vegetable
- 2-4 tbsp. (30-60 ml) fruit and/or yogurt or cottage cheese

Evening

- Breast milk or 6-8 oz. (175-250 ml) formula or 3.25 % MF homogenized milk

Tips

- ♥ Look for baby foods that are pure fruit. Fruit desserts are not pure fruit and have lots of added sugar.
- ♥ Store-bought 'meat and vegetable' dinners are low in meat. Offer plain meat or combine jars yourself.
- ♥ Mashed, chopped, or small pieces of soft food are recommended.
- ♥ The vitamin C in fruits, vegetables and juices increases the absorption of iron from the cereal.



New Textures

Babies need to chew. Introduction of new textures encourages chewing, co-ordination and independence. Even without teeth, babies can chew and swallow lumpy, mashed or small pieces of soft foods.

6 months: pureed or strained foods

7-8 months: lumpy or mashed foods
Baby begins to hold/pick up some foods to eat.

9-12 months: mashed, grated or small pieces of soft foods