

What foods can I offer from 12 months?

By 12 months, most children will be eating the same food as the family, if it is **low in sugar and salt**. Encourage self-feeding with fingers or toddler cutlery.

Offer your baby up to 1 – 1.5 serves of dairy a day. This helps bones and teeth become strong.

They can drink full cream cow's milk but **no more than 500ml per day**. This helps them have room for other foods. If your baby drinks formula, you can change to full cream cow's milk instead of toddler milk.



Offer tap water in an open cup to keep their teeth healthy and strong.

Start giving 2-3 healthy snacks if your baby is hungry.



One serve of dairy is:

A small tub of plain yoghurt (200gm)



2 slices of cheese



A small cup of full cream cow's milk (250mls)



½ cup ricotta cheese



For more information, visit:
Dietary guidelines & food groups
1-2 years | Raising Children Network



To access the full digital guide
'From Starting Solids to Cooking for the
Whole Family' visit [melton.vic.gov.au/
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