

Sample menu

for a 12-month-old baby

Breakfast:



1 idli



Dal makhani



¼ cut up
mango



Breastfeed
or small cup
of milk

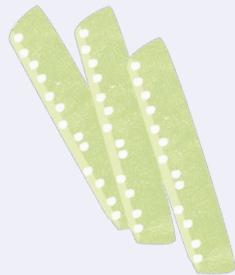


Drink of
tap water from
a cup

Morning snack:



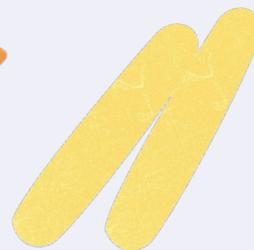
Homemade
hummus
(no added salt)



Cucumber
sticks



Carrot sticks
(slightly or
well-cooked to
prevent choking)



Cheese
sticks



Drink of
tap water from
a cup

Lunch:



1 scrambled egg



½ slice of
wholemeal toast
cut into strips



¼ avocado, sliced
and rolled in
coconut (to help
your baby hold it)



Drink of
tap water from
a cup

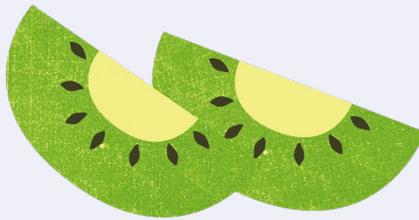
A 12-month-old baby eats about ¼ to ½ of what an adult eats. But you should follow your baby's signs of hunger.

Here are examples of what your 12-month-old's food and drink **COULD** look like in a day to **GUIDE** you. There are many ways to feed your baby to help them grow, learn and play.

Afternoon snack:



Rice cakes with
canned salmon

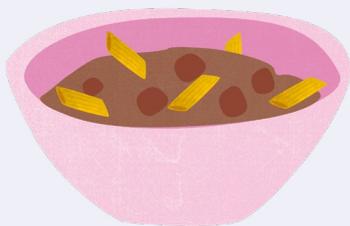


Kiwi fruit,
sliced and peeled



Drink of
tap water from
a cup

Dinner:



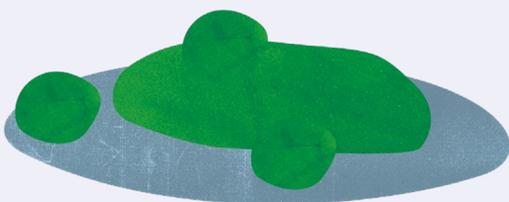
Lentil Bolognese
with penne



Cheese shavings



Broccoli florets
(slightly or well-cooked
to prevent choking)



Slightly mashed,
cooked peas



Drink of
tap water from
a cup

Evening snack:



Breastfeed
or cup of milk



For more information, visit:
What to feed toddlers at 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/
startingsolids](https://melton.vic.gov.au/startingsolids) or scan the QR code

