

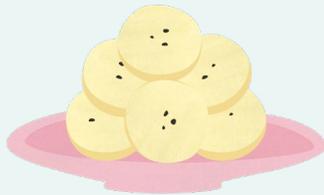
Sample menu

for a 12-month-old baby

Breakfast:



Oat porridge made with whole, cow's milk



Half a banana (sliced)



Breastfeed or small cup of milk



Drink of tap water from a cup

Morning snack:



Whole meal crackers with full fat cheese



Handful of berries (cut in pieces to prevent choking)



Drink of tap water from a cup

Lunch:



Sandwich made with whole meal bread, tuna and cheese



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



Cherry tomatoes (cut in half lengthways to prevent choking)



Drink of tap water from a cup

A 12-month-old baby eats about $\frac{1}{4}$ to $\frac{1}{2}$ 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:



Plain, unsweetened yoghurt



Pikelet with thin layer of nut butter



Drink of tap water from a cup

Dinner:



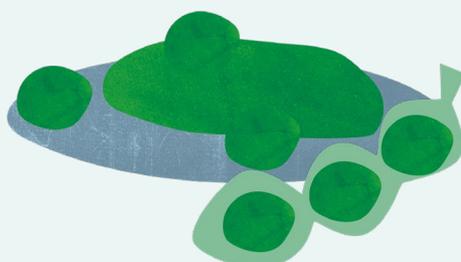
Tofu cubes with steamed rice



Mushrooms (slightly or well-cooked to prevent choking)



Bok choy (slightly or well-cooked to prevent choking)



Edamame (mashed)



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

