

Remember:

- Breastfeed your baby. If your baby is drinking homogenized (3.25%) cow's milk, offer 2-3 cups per day.
- Offer only breast milk or water between meals and snacks to make sure your baby has a good appetite for solid food. Babies do not need juice.
- There are different types of canned tuna. Read the label and choose "light" tuna because it is low in mercury.
- Minimize choking risk. Always supervise your baby and make sure they are sitting upright and free from distraction when eating and drinking.
 - Cut up food into small (pea-size) pieces
 - Spread nut butters thinly
 - Don't offer hard, small and round, or smooth and sticky foods like: hard candies, gum, popcorn, marshmallows, and whole nuts or seeds.
- It is normal for your child to go through phases where they are less open to trying new or different foods. Some children need to taste a food up to 20 times before they will eat it!

"Jobs" at mealtime:

- Parent – offers a variety of healthy foods for the child to eat and sets the location and time for regular meals and snacks.
- Child – decides how much of each food to eat or whether to eat at all.

TIP

Don't worry about figuring out the right portion sizes for your child. Children are very good at knowing how much food they need to eat for their own bodies.

Meal & Snack Ideas for a 1-year old



Sample Menu for a 1-Year Old

Breastfeeding is part of normal nutrition up to 2 years ... and beyond.

These menus are only a guideline. You can decide according to your convenience, availability of food, cultural preference, religious considerations, baby's development and skill set, and baby's cues.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breastfeeding/ breast milk* oatmeal peaches	Breastfeeding/ breast milk* whole grain toast boiled egg apple slices	Breastfeeding/ breast milk* cereal (dry) cut grapes	Breastfeeding/ breast milk* pancake pear	Breastfeeding/ breast milk* cream of wheat berries	Breastfeeding/ breast milk* whole grain toast poached egg banana	Breastfeeding/ breast milk* waffle full-fat plain yogurt
Morning snack	water whole grain crackers cheese	water cereal (dry) full-fat plain yogurt	water cheese sliced carrots	water cereal (dry) cottage cheese	water chopped grapes cheese	water english muffin cheese	water whole grain toast avocado
Lunch	Breastfeeding/ breast milk* whole grain bread mashed kidney beans green beans	Breastfeeding/ breast milk* rice chicken asparagus	Breastfeeding/ breast milk* french toast scrambled eggs avocado	Breastfeeding/ breast milk* whole grain bun baked beans zucchini	Breastfeeding/ breast milk* whole grain toast vegetable & cheese omelet	Breastfeeding/ breast milk* tuna sandwich sliced carrots	Breastfeeding/ breast milk* whole grain dinner roll vegetable & lentil soup
Afternoon snack	water cereal (dry) banana	water muffin mandarin orange slices	water bagel honeydew	water toast seed butter	water banana bread cantaloupe	water granola full-fat yogurt	water muffin peaches
Supper	Breastfeeding/ breast milk* brown rice salmon garden salad	Breastfeeding/ breast milk* pasta pork mixed peppers	Breastfeeding/ breast milk* quinoa meatloaf broccoli	Breastfeeding/ breast milk* rice beef stir fry mixed veg	Breastfeeding/ breast milk* spaghetti ground turkey caesar salad	Breastfeeding/ breast milk* rice tofu yellow beans	Breastfeeding/ breast milk* sweet potato chicken brussel sprouts
Bedtime snack	Breastfeeding/ breast milk* full-fat plain yogurt	Breastfeeding/ breast milk* mango	Breastfeeding/ breast milk* full-fat plain yogurt	Breastfeeding/ breast milk* applesauce	Breastfeeding/ breast milk* cereal (dry)	Breastfeeding/ breast milk* pear	Breastfeeding/ breast milk* cottage cheese

**If your baby has transitioned to homogenized (3.25%) milk, this would also apply here.*

For more information call 1-800-660-5853 or visit our website <http://healthunit.org/health-information/healthy-eating/>