

Sample daily food guide for infants aged 7-12 months

This is a guide only as individual needs may vary. Infants will progressively increase the amount and variety of the foods they eat during 7-12 months. Appropriate growth and development will help to indicate whether food intake is at a suitable level for each individual infant.

Food*	Serve Size	Serves a day
Vegetables and legumes/beans	20g	1 ½ - 2
Fruit	20g	½
Grain (cereal) foods	40g bread equivalent	1 ½
Infant cereal (dried)	20g	1
Lean meats, poultry, fish, eggs, tofu, legumes/beans	30g	1
Breast milk of formula	600ml	1
Yoghurt/cheese or alternatives	20ml yoghurt or 10g cheese	½

*An allowance for unsaturated spreads or oils or nut/seed paste of ½ serve (4-15g) per day is included however whole nuts and seeds are not recommended at this age because they may cause choking.

Sample Meal Plan

Breakfast	4 tsp dry infant rice cereal, prepared as per instructions & 1 tsp pureed peaches
Morning Tea	2 tsp (heaped) plain unsweetened yoghurt with 1 tsp pureed pear / apple
Lunch	3 tsp pureed meat & 2-3 tsp pureed vegetables (e.g. carrot or pumpkin) & 4 tsp pureed cooked rice
Afternoon Tea	2 tsp pureed vegetables (e.g. green beans and/or pumpkin) with ½ slice toast (or equivalent) as finger food
Dinner	3 tsp pureed meat or beans/legumes with 2-3 tsp mashed vegetables (e.g. pumpkin, sweet potato, carrot) & 4 tsp pureed cooked rice
Through the day	Breast milk or 600ml formula through the day

Sourced from www.eatforhealth.gov.au