

LEAPS

learning eating active play sleep





Daily Meal Plan

Infants aged 7 to 12 months



The 2013 Australian Dietary Guidelines recommend the following dietary intake for healthy growth and development.

This is a guide only as the needs of each individual infant may vary. Appropriate growth and development will help determine whether dietary intake is adequate or excessive for the individual child.

| Food | Serve Size | Serves per day | Serves per week |
|---|----------------------|----------------|-----------------|
| Vegetables and legumes/beans  | 20g | 1½ - 2 | 10-14 |
| Fruit  | 20g | ½ | 3-4 |
| Grain (cereal) foods  | 40g bread equivalent | 1½ | 10 |
| Infant cereal (dried)  | 20g | 1 | 7 |

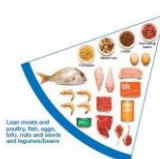




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| Food | Serve Size | Serves per day | Serves per week |
|---|---|----------------|-----------------|
| Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans  | 30g (although nuts and seeds are not suitable due to choking risk)  | 1 | 7 |
| Breast milk or formula  | 800ml (throughout the day) | 1 | 7 |
| Milk, yoghurt, cheese and/or alternatives  | 20ml yoghurt or 10g cheese (use full fat varieties)  | ½ | 3-4 |

- Infants from 7 – 12 months can include ½ serve (4 – 5g) per day allowance of unsaturated spreads such as an olive oil based margarine and oils
- Whole nuts and seeds are not recommended for children of this age because of the potential choking risk. However nut pastes and nut spreads can be offered to infants from around 6 months of age
- Food offered should be an appropriate texture and consistency for the infant's developmental stage e.g. start with purees from 6 months of age and progress to mashed, minced and then chopped foods. For more information see the Introducing Solids Fact sheet available on the support service.
- Finger foods can be managed by most infants by 8 months and by 12 months infants can have a wide variety of nutritious foods eaten by the rest of the family