

Food and meal ideas for 7 to 12 month olds



Introducing food to children should begin around 6 months of age, starting with iron-fortified infant cereal and/or iron rich foods such as pureed meat, poultry, fish, legumes or tofu, followed by other foods.

The recommended dietary intake for children aged 7 to 12 months are shown in the table below. Remember, it may take some time to reach the recommended amount but by 12 months, a child should be offered a wide variety of food which is enjoyed by the rest of the family.

Food	Serve size*	Serves a day
Vegetables and legumes/beans	20g (1 tbsp)	1 ½ - 2
Fruit	20g (1 tbsp)	½
Grain (cereal) foods	40g bread equivalent (e.g. 4-6 tbsp cooked rice/pasta)	1 ½
Infant cereal (dried)	20g (1 tbsp)	1
Lean meat, poultry, fish, eggs, tofu	30g (1 ½ tbsp)	1
Breast milk or formula	Dependent on mum & baby	600 mls/day of formula
Yoghurt/cheese or alternatives	20 mls yoghurt or 10g cheese	½

*20g is equivalent to 1 tablespoon and 5g is equivalent to 1 teaspoon.




An allowance for unsaturated spreads or oils or nut/seed pastes of 4-5g (approx. 1 tsp) per day is allowed, however whole nuts & seeds are not recommended at this age as they may cause choking.

Helpful hints

- Introduce different tastes, textures and consistency as child grows. Foods can be introduced in any order and at a rate that suits the child.
- Homemade is best - cooking first foods from fresh ingredients wherever possible, with no added sugar or salt. Using commercial frozen or canned foods is okay sometimes as long as they don't have added sugars or salt.
- Boiled, cooled water should be offered throughout the day and a cup can be introduced at around six months of age.

How much should kids eat?

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7 – 12mths old	Early stages of introduction	Later stages (e.g. over 9mths)	Later stages (e.g. over 9mths)
Breakfast	4 tsp dry infant rice cereal, prepared as per instructions, & 1 tsp pureed peaches 	1 ½ breakfast wheat biscuits or ¼ cup dried oats made into porridge, with breast milk or formula or full cream milk	4 tsp dry infant rice cereal, prepared as per instructions, with 2 tsp canned fruit (in unsweetened juice)
Morning tea	2 tsp (heaped) plain unsweetened yoghurt with 1 tsp pureed pear / apple	4 tsp dry infant rice cereal, prepared as per instructions, with 2 tsp mashed banana	1 slice toast with 2 tsp low salt baked beans 
Lunch	3 tsp pureed meat & 2-3 tsp pureed vegetables (e.g. carrot and/or pumpkin) & 4 tsp pureed cooked rice	3 tsp pureed or finely chopped meat, tofu or fish & 2-3 tsp mashed pumpkin & peas 2 tsp plain unsweetened yoghurt	3 tsp chopped chicken with 2-3 tsp zucchini & pureed / chopped green beans with ¼ cup of cooked pasta shapes
Afternoon tea	2 tsp pureed vegetables (e.g. peas, green beans &/or pumpkin) with ½ slice toast (or equivalent) as finger food	½ slice toasted wholemeal bread with 2 tsp mashed avocado	1 stick of cheese (10g)
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	3 tsp beef mince cooked in 2-3 tsp tomato based sauce (made with tomato, onions, pureed carrots and broccoli) 	2-3 tsp mashed sweet potato, carrot & cauliflower with 3 tsp cooked fish (with bones removed)
Throughout the day	Breast milk or 600 mls formula through the day	Breast milk or 600 mls formula through the day	Breast milk or 600 mls formula through the day