

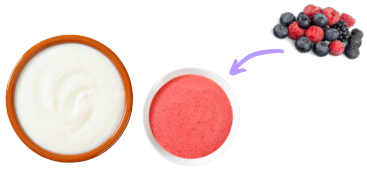


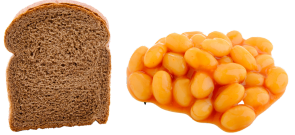



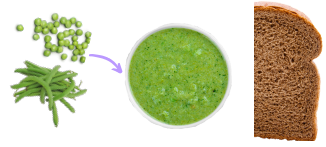
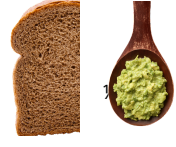






FOOD AND MEAL IDEAS FOR 7 TO 12 MONTH OLD INFANTS

Food	Serving size	Recommended daily serves
Vegetables & Legumes	20g	1 ½ - 2
Fruit	20g	½
Grains & Cereals	40g bread equivalent	1 ½
Infant Cereal (dried)	20g	1
Lean Meat & alternatives	30g	1
Breast Milk or Formula	Dependant on Mum + Baby	600mL (Formula)
Yogurt/Cheese or Alternatives	20mL yogurt 10g cheese	½

- ➔ **Iron-rich foods should be introduced first** (iron fortified cereal or pureed meat, poultry, fish, tofu + legumes)
- ➔ Introduce different tastes and textures. Foods can be introduced in any order and at a rate that suits the child
- ➔ Small amounts of cooled boiled water can supplement breast milk or formula as needed
- ➔ There is an allowance of a ½ serve of unsaturated spreads/oils or nut/seed pastes (1 tsp)

	EARLY STAGE OF INTRODUCTION	LATER STAGE (OVER 9 MONTHS) - OPTION 1	LATER STAGE (OVER 9 MONTHS) - OPTION 2
BREAKFAST	 <p>4 tsp dry infant rice cereal + 1 tsp pureed peaches</p>	 <p>¼ cup oats (dried) for porridge + breast milk or formula</p>	 <p>4 tsp dry infant rice cereal + 1 tsp pureed berries</p>
MORNING TEA	 <p>2 heaped tsp plain yogurt + 1 tsp pureed apple or pear</p>	 <p>4 tsp dry infant rice cereal + 2 tsp mashed banana</p>	 <p>1 slice wholemeal toast + 2 tsp reduced salt baked beans</p>
LUNCH	 <p>3 tsp pureed meat + 2-3 tsp pureed carrot + pumpkin + 4 tsp pureed cooked rice</p>	 <p>3 tsp pureed meat/fish/tofu + 2-3 tsp pureed pumpkin + peas + 2 tsp plain yogurt</p>	 <p>3 tsp chopped chicken + 2-3 tsp chopped zucchini + green beans + ¼ cup pasta</p>
AFTERNOON TEA	 <p>2 tsp pureed peas + green beans + ½ slice wholemeal toast</p>	 <p>½ slice wholemeal bread + 2 tsp mashed avocado</p>	 <p>1 cheese stick (10g)</p>
DINNER	 <p>3 tsp pureed legumes/meat + 2-3 tsp pureed pumpkin + sweet potato + carrot + 4 tsp pureed cooked rice</p>	 <p>3 tsp beef mince + 2-3 tsp tomato based sauce (made with tomato, onion, carrot + broccoli)</p>	 <p>3 tsp cooked fish (bones removed) + 2-3 tsp mashes sweet potato + carrot + cauliflower</p>
THROUGHOUT THE DAY	Breast milk or 600mL formula	Breast milk or 600mL formula	Breast milk or 600mL formula