

## Sample one-day menu for a one-year old

This menu is planned for a one-year-old child who weighs approximately 21 pounds.

1 tablespoon = ½ ounce (10cc)

1 teaspoon = ½ tablespoon (5cc)

1 cup = 8 ounces (240cc)

### **BREAKFAST :**

½ cup iron-fortified breakfast cereal or one cooked egg ( not more than 3 eggs per week)

¼ cup whole milk (with cereal)

½ cup juice

Add to cereal one of the followings:

½ banana, sliced

2-3 large sliced strawberries

### **SNACK**

1 slice toast or whole-wheat muffin

1-2 tablespoons cream cheese or peanut butter (spread)

1 cup whole milk

### **LUNCH :**

½ sandwich-tuna, egg salad, peanut butter or cold cuts

½ cup cooked green vegetables

½ cup juice

### **SNACK**

1-2 ounces cubed cheese, or 2-3 tablespoons pitted and diced dates

1 cup whole milk

### **DINNER :**

2-3 ounces cooked meat, ground or diced

½ cup cooked yellow or orange vegetables

½ cup pasta, rice or potato

½ cup whole milk