

Sample one-day menu for an eight to twelve-month-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 :

¼ - ½ cup cereal or mashed egg yolk

¼ - ½ cup fruits, diced

4-6 ounces formula

SNACK

½ cup juice

¼ cup diced cheese or cooked vegetables

LUNCH :

¼ - ½ cup yogurt or cottage cheese

¼ - ½ cup yellow vegetables

4-6 ounces formula

SNACK

½ cup juice

1 teething biscuit or cracker

¼ cup diced cheese or meat

DINNER :

¼ cup diced poultry, meat or tofu

¼ - ½ cup green vegetables

¼ cup noodles, pasta, rice or potato

¼ cup fruits

4-6 ounces formula

BEFORE BEDTIME :

6-8 ounces formula or water (if formula, follow with water or brush teeth afterward)