

Guide on foods to provide over a day

7 to 12 months old

It's recommended to introduce first foods at around 6 months.

Start with iron-rich foods such as iron-fortified infant cereal, pureed meat or legumes. Many babies will only want a very small amount to start with. As the baby is interested in more food, introduce foods from the 5 food groups. Try different tastes and textures as the baby develops.

Meat/meat alternatives

1 serve/day

1 serve =



Breastmilk or formula

600mL/day

(or breastfeeding on demand)



Yoghurt/cheese or alternatives

1/2 serve/day

1 serve =



Cow's milk is not recommended to be given as a main drink to infants under 12 months

Vegetables

1 1/2 to 2 serves/day

1 serve =

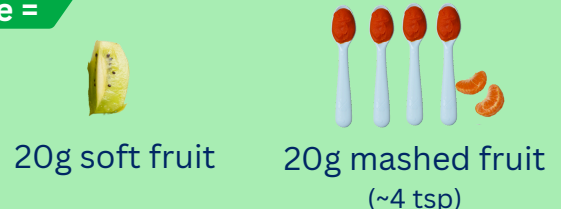


**legumes include beans, chickpeas, lentils*

Fruits

1/2 serve/day

1 serve =



Grains

1 1/2 serves/day

1 serve =




Iron fortified infant cereal

1 serve/day

1 serve =



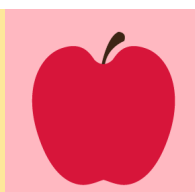
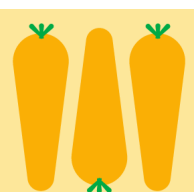
 Try to introduce common allergy foods before age 1. Check your service's allergy policy before packing in the lunchbox.



From 6 months, small amounts of cooled boiled water can be offered. It's recommended that no other drinks are offered (besides formula/breastmilk and water).



This is a guide on what to provide. Remember, it is the carer's role to provide the food and milk, and the infant's role to decide if and how much to eat and drink.



'The heart of a child' by Worimi Artist Lara Went

Good for kids
Good for life



Guide on foods to provide over a day

1 to 5 year olds

Meat/meat alternatives

1-2 year olds:
1 serve/day

2-3 year olds:
1 serve/day

4-5 year olds:
1½ serves/day

1 serve =



80g cooked chicken



65g cooked red meat



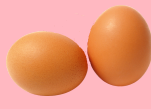
1 cup legumes*



100g fish



170g tofu



2 eggs

Dairy

1-2 year olds:
1 to 1½ serves/day

2-3 year olds:
1½ serves/day

4-5 year olds:
1½ to 2 serves/day

1 serve =



2 slices cheese



¾ cup yoghurt



1 cup milk or calcium fortified soy milk

Continue breastfeeding for as long as the child and mother want. Most children do not need toddler milk.

Vegetables

1-2 year olds:
2-3 serves/day

2-3 year olds:
2½ serves/day

4-5 year olds:
4½ serves/day

1 serve =



½ cup cooked veg



1 cup salad



½ cup legumes*

**legumes include beans, chickpeas, lentils*

Fruits

1-2 year olds:
½ serve/day

2-3 year olds:
1 serve/day

4-5 year olds:
1½ serves/day

1 serve =



1 medium fruit (e.g. banana, apple, pear)



1 cup diced or canned fruit (if canned, in juice is best)



2 small fruits (e.g. apricot, kiwi, plum)

Grains

1-2 year olds:
4 serves/day

2-3 year olds:
4 serves/day

4-5 year olds:
4 serves/day

1 serve =



1 slice bread



½ cup rice



2 wheat biscuits



½ cup pasta



½ cup porridge



1 crumpet



Use this as a guide for what to provide. It's your child's job to decide if, what and how much they eat from what is provided.



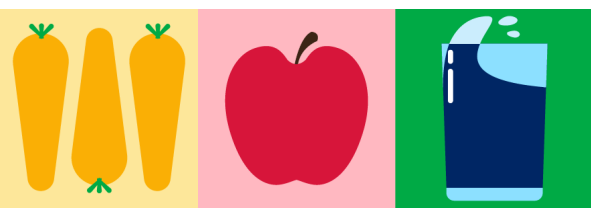
It's normal for a child's appetite and intake to go up and down from day to day.



Ensure food is an appropriate size and texture for the child's stage of development to reduce risk of choking.



It's best not to provide toddlers (under 2 years) sometimes foods.



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