

Sample Daily Menu For A 1 Year Old Child

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This menu provides general guidelines for feeding a 1 year old. The amount a child eats will vary depending on how hungry he is. The serving sizes below are meant to provide guidelines for the portion size of foods appropriate for a child of this age. When preparing lunch, put a little bit aside as a baby appetizer for dinner. If dinner is running late and he's hungry, you can stall while he stays content in his high chair. Any easy to prepare healthy finger foods can serve as appetizers. Try chopped olives (rinse to lower salt content), avocado or petite baby peas (frozen). Some other ideas for healthy finger foods include cheerios, low fat string cheese, shredded oats, 1/2 of a hard boiled egg etc.

General guidelines for feeding a one year old:

- Babies and toddlers are very good at listening to their hunger cues, so leave it up to him to decide how much to eat.
- Remember not to give him liquids; i.e. milk or fruit juices just before meal times. If you are breast feeding, whole milk will not need to be offered as frequently. Serve no more than 24 ounces of milk per day by one year of age. This will promote an increase in the amount of food your baby eats. Too much milk and too little food may lead to iron deficiency anemia.
- Babies are reluctant to try new foods, so you might have to introduce a new food multiple times before he will accept it.
- Lastly, model good eating behavior. This is the best way to create good eating habits for life.

*Speak to your healthcare professional for individualized recommendations.

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Breakfast: 1 - 2 TBSP blackberry applesauce¹; 1/4 cup Cheerios or toasted O's cereal; 1/2 cup whole milk yogurt

Snack: 1/2 ounce cheddar cheese; 4 wheat crackers (no trans fats); 1/2 cup whole milk² or breast milk

Lunch: 1 ounce roasted chicken minced; 1 TBSP of brown rice and 1-2 TBSP of black beans with minced tomatoes and 1/2 tsp olive oil; 1 to 2 TBSP cooked yellow peppers; 1/2 cup whole milk or breast milk; 1/2 banana

Snack: 1/2 slice whole wheat toast w 1 tsp of non-hydrogenated margarine; 4 ounces of frozen mango chunks defrosted; 1/2 cup whole Keifer milk³

Dinner: 1 Tbsp serving of olives⁴; rinse well & chop; 1 1/2 ounce chicken thigh minced; 1 to 2 TBSP mashed sweet potato mixed with 1 TBSP of sour cream or whole milk yogurt or mashed avocado; 1 to 2 TBSP of chopped green beans; 1/2 cup whole milk or breast milk

Guidelines

¹ Different fruit combinations of apple sauce are now available without added sugar; these offer a variety of additional nutrients.

² Milk can be fed by cup, in place of a bottle.

³ On occasion, try Whole Keifer milk in place of whole milk; it contains helpful bacteria that are good for the immune system.

⁴ Rinse Olives if they are salted. Chopped Olives make a great baby appetizer.

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