

Sample Menus For Infants 4-12 Months Old

Age	Breakfast	Lunch	Dinner
4-6 months	<ul style="list-style-type: none"> • Breastmilk or formula • Iron-fortified infant cereal 	<ul style="list-style-type: none"> • Breastmilk or formula 	<ul style="list-style-type: none"> • Breastmilk or formula • Iron-fortified infant cereal • Pureed fruits or vegetables • Plain pureed meat or meat alternatives
6 - 8 months	<ul style="list-style-type: none"> • Breastmilk or formula • Iron-fortified infant cereal • Mashed fruit 	<ul style="list-style-type: none"> • Breastmilk or formula • Mashed or cooked vegetables • Plain mashed or finely chopped meat or meat alternatives 	<ul style="list-style-type: none"> • Breastmilk or formula • Iron-fortified infant cereal • Plain mashed or finely chopped meat or meat alternative • Mashed, cooked vegetables or fruit
9-12 months	<ul style="list-style-type: none"> • Breastmilk or Formula. • Iron-fortified infant cereal • Soft fruit 	<ul style="list-style-type: none"> • Breastmilk or Formula. • Chopped meat or meat alternative • Cooked pasta or cooked rice • Cooked vegetable, chopped or diced 	<ul style="list-style-type: none"> • Breastmilk or Formula. • Meat or meat alternative • Cooked pasta, cooked rice, infant cereal • Cooked vegetable, chopped or diced • Soft fruit and /or plain yogurt.

- Meat and meat alternatives include: beef, chicken, turkey, lamb, pork, white fish (haddock, halibut, sole, cod), salmon, canned light tuna, shellfish, cooked eggs, nut-butters, and well-cooked legumes such as beans, lentils, and chickpeas.
- For infants 4-6 months of age, breastmilk or formula is also given between meals and at bedtime.
- For infants 9-12 months of age, a small food snack (i.e., whole grain muffin, cubes of cheese, cheerios) can be offered between lunch and dinner.
- For infants 9-12 months of age, begin to offer occasional breastmilk or formula in a cup.
- As your infant approaches a year of age, it is reasonable to wean off a bedtime feed and make dinner the last meal of the day.
- After one year of age, milk should be offered with meals only.