

# ON THE MENU TODAY

Sample daily meal plan for babies: **6-9 MONTHS** (smooth and lumpy food)

Here are some sample daily menus to give you an idea of the types of foods you can prepare for your baby. These plans are meant as a guide, so adjust portions and choices according to your child's appetite and preferences.

RISE & SHINE



EARLY MORNING

150ml breast/formula milk



TUMMY TIME



BREAKFAST

3 – 4 tablespoons\* of rice cereal mixed with 60ml breast/formula milk and ¼ medium banana (pureed)



MILD MORNING 180ml breast/formula milk

AFTERNOON

180ml breast/formula milk



PLAY TIME



LUNCH

½ bowl\*\* of porridge with minced chicken (23g) and mashed pumpkin (25g)



NAP TIME



NAP TIME



DINNER

- ½ bowl\*\* of porridge mixed with a small block of mashed tofu (43g) and mashed broccoli (25g)
- ¼ small pear that's been scraped



LISTEN TO A STORY



SUPPER 180ml breast/formula milk



TOTAL SERVINGS

Wholegrains	Fruit	Vegetables	Protein	Milk
1 – 2	½	½	½	500 – 750ml

\*1 tablespoon = 15g  
\*\*Rice bowl