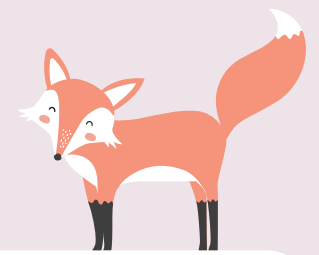


On the menu today

Sample daily meal plan for babies: **10 – 12 months** (mashed, chopped and cut food)



Rise & shine



Early morning

150ml breast/
formula milk



Play time



Breakfast

- 3 – 4 tablespoons* of oat cereal mixed with 60ml breast/formula milk OR 1 slice of wholemeal bread with ½ mashed egg yolk
- ¼ wedge of papaya

Bath time



Mid morning 180ml breast/
formula milk

Afternoon

180ml breast/
formula milk



Play time



Lunch

½ bowl** of porridge with a small block of tofu (43g) and finely chopped chye sim (25g)



Nap time



Nap time



Dinner

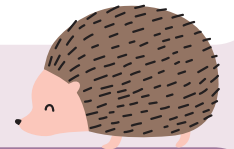
- ½ baked/mashed large potato mixed with cooked minced/ chopped chicken (23g), finely grated carrot (15g) and finely chopped tomato (15g)
- ¼ wedge of watermelon



Reading time



Supper 180ml breast/
formula milk



Total servings

Brown rice and wholemeal bread	Fruit	Vegetables	Meat and others	Milk
1 – 2	½	½	½	500 – 750ml

*1 tablespoon = 15g
**Rice bowl

