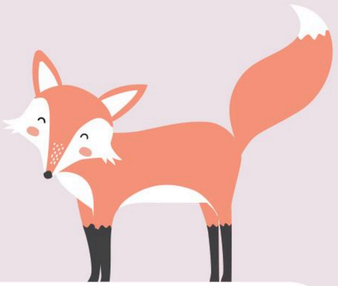
ON THE MENU TODAY

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

MILD 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

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