

How much food a day for a 1 year old?



By the time your baby turns one, they should be eating a variety of different foods.

Your child can enjoy the same types of foods and even meals as the rest of the family.



Milk can be started at 12 months. Full fat dairy milk is better at this age to provide growing bodies extra energy. They no longer need baby formula.

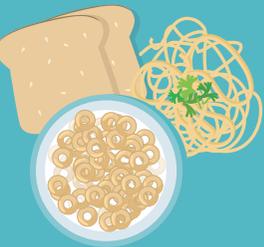
Encourage your child to feed themselves. It will get messy, but it's important for them to learn and enjoy their food.



Daily needs

Grains

Children need **4 serves of grains a day**. It may sound like a lot, but some cereal for breakfast, a sandwich for lunch and some pasta, rice or noodles with dinner is enough to fuel growing, energetic kids.



Dairy

A glass of full fat milk, a tub of yoghurt or 2 slices of cheese covers the **2 serves of dairy a day** your child needs.



Fruit

At this age, kids only need about **half a serve of fruit each day**. This could be anything from a kiwi fruit, apricot, plum or half a banana. Experiment with different fruits to find out which ones your child likes.



Protein

Kids only need a **single serve of protein each day** and it doesn't have to be meat. Baked beans, eggs, fish and tofu are all excellent sources of protein.



Vegetables

Vegetables come in so many colours and flavours and it may take a while to find out which ones your child enjoys the most. At this age they should be having **2-3 serves a day**, starting with pureed or mashed veggies.



Snacks

One year olds are not used to regular meal times, so they will probably want food when they are hungry. Here are some healthy snack ideas to try:



Banana



Cheese



Avocado



Bread with peanut butter