



mealtime with your little one

6 - 23 months

Mealtime with your little one can be an adventure. Here are some tips and ideas to help inspire positive mealtimes, create memories, and help your child learn.

Is your baby ready for complementary foods?

All babies are different—typically between 4-6 months they're ready to start trying complementary foods.

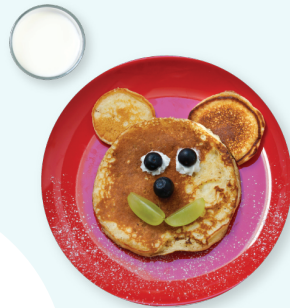
Signs that your baby is ready include:

- Able to control head and neck
- Sitting up alone or with support
- Bringing objects to the mouth
- Trying to grasp small objects, such as toys or food
- Swallowing food rather than pushing it back out onto their chin



meal ideas for your toddler

12 - 23 months



bluebear-y pancake

pancake
blueberries
grapes
cottage cheese

mac & cheese

cheesy noodles
blueberries
strawberries

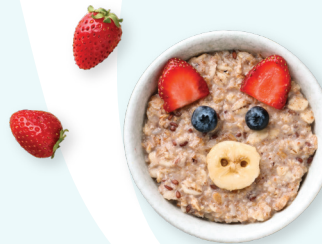


sunshine plate

cooked veggies
brown rice
fully cooked egg

oinkin' oatmeal

oats
milk
berries
banana



did you know?

12 - 23 months

1. At one year old, growth may slow down a bit and your toddler's appetite might as well.
2. Toddlers still need to try foods 8-10 times to get used to new flavors and textures.
3. Toddlers are great at knowing when they are full and ready to stop eating. Let them make this choice.
4. Plant and animal foods provide nutrients that support your toddler's growth. Be sure to talk to a doctor or dietitian if you choose not to offer a food group to your little one.
5. You can make every sip count by offering plain whole milk and water. Avoid plant-based milk.

Learning is messy

Playing with food is how your toddler learns to eat. Be ready for spills and cleanup by having towels and wipes handy.

Positive mealtime

Make it fun by talking with your little one about their food or create a smiley face with a string cheese smile, berry eyes and a green bean nose.

Eating together

Toddlers learn by watching. Set a great example by enjoying good-for-you foods together.

Snack ideas

yogurt & berries
cheese & crackers
hummus & cucumber

banana slices & peanut butter
steamed broccoli & cheddar



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mealtime with your little one

6 - 11 months

Your baby can now enjoy real dairy foods like yogurt, cheese, and cottage cheese, but wait to introduce cow's milk until 12 months old.

Babies only have room for a little bit of food at a time, let them stop eating when they choose.

To prevent choking, avoid foods like grapes, whole nuts, and raw vegetables.

When offering new foods, limit to one new food at a time to watch for sensitivities or allergies.

Your baby is learning every step of the way, even the messy ones.

Trying new textures

As your baby learns to chew, different food textures can gradually be introduced. Babies need to try foods 8-10 times to get used to new flavors and textures.

PUREED → SMASHED → CHOPPED → BITES



Dairy

1/4 TO 1/2 CUP DAILY

Fruits

1/8 TO 1/2 CUP DAILY

Vegetables

1/8 TO 1/2 CUP DAILY

Grains

1/2 TO 1 OZ DAILY

Protein

3/4 TO 3 OZ DAILY

Babies may eat more or less and that is okay. Breast milk and formula still lead the way. Offer foods from each food group spread throughout the day.



cottage cheese



banana



cooked broccoli



bread



beans



shredded cheese



raspberries



cooked cauliflower



baby cereal



salmon



yogurt



peaches



cooked carrots



cooked brown rice



chicken



small cheese pieces



Kiwi



cooked mushrooms



cooked pasta



smooth peanut butter

This resource is intended as a guide. Consult with your pediatrician before trying new foods or introducing solids.

Sources:

Dietary Guidelines for Americans: <https://www.dietaryguidelines.gov/>

American Academy of Pediatrics: <https://www.aap.org>

Happy birthday!

Turn over for
12 - 23 months tips