

Nutrition Guide for Your 1-Year-Old



Daily needs

Daily food guide for a 1-year-old



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 2-3 serves a day, starting with pureed or mashed veg.

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.

Protein
Kids only need a single serve of protein each day and it doesn't have to be meat.

Snacks
One year olds are

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 but can continue breastfeeding for as long as you and they want.

What is a serve?
Serving size will depend on the type of food.
Here are some examples:

- > Fruit - 1 cupped milk each day
- > Vegetables - 1/2 cupped chicken
- > Grains - 1 slice of bread
- > Protein - 1 cupped chicken or two eggs
- > Dairy - 1 cup milk or two slices of cheese



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.

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.

Dairy

A glass of full-fat milk or a tub of yogurt and 1 slice of cheese covers the 1 to 1½ 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.

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 but can continue breastfeeding for as long as you and they want.

What is a Serve?

The size of a serve will depend on the type of food. Here are some examples:

Fruit - 1 cup diced fruit or 1 medium apple or banana

Vegetables - ½ cup cooked veggies or 1 cup salad greens

Grains - ½ cup cooked rice or 1 slice bread

Protein - 80g cooked chicken or 2 eggs

Dairy - 1 cup milk or 2 slices cheese

Snacks

One-year-olds are not used to regular meal times, so they will probably want snacks throughout the day. Keep healthy snacks available for them, but be sure not to let them fill up on snacks before mealtimes.