



Sample Menu for a One-Year-Old

Babies and young toddlers should get about half of their calories from fat. Healthy fats are very important for normal growth and development at this stage of their development.

All fats are not created equal, though. Healthy fats like those found in avocado, olive oil, fish, nut butters, and dairy are good for your child (and you). Unhealthy fats such as those found in fried foods, fast foods, and many packaged foods are not healthy at any age. If you keep your child's daily caloric intake at about 1,000 calories, you needn't worry about overfeeding and risk of weight gain



Here is a sample menu for a one-year-old child who weighs about 21 pounds (9.5 kg):

1 cup = 8 ounces = 240 ml

1 ounce = 2 tablespoons = 30 ml

½ ounce = 1 tablespoon = 15 ml = 3 teaspoons

1 teaspoon = 1/3 tablespoon = 5 ml

BREAKFAST

- ½ cup iron-fortified breakfast cereal or 1 cooked egg
- ½ cup whole or 2% milk
- ½ banana, sliced
- 2 to 3 large sliced strawberries

SNACK

- 1 slice toast or whole-wheat muffin with 1–2 tablespoons cream cheese or peanut butter, or ½ cup yogurt with cut-up fruit
- Water or ½ cup whole or 2% milk

LUNCH

- ½ sandwich: sliced turkey or chicken, tuna, egg salad, or peanut butter
- ½ cup cooked green vegetables

- ½ cup whole or 2% milk

SNACK

- 1 to 2 ounces cubed or string cheese, or
- 2 to 3 tablespoons fruit or berries
- Water or ½ cup whole or 2% milk

DINNER

- 2 to 3 ounces cooked meat, ground or diced
- ½ cup cooked yellow or orange vegetables
- ½ cup whole-grain pasta, rice, or potato
- ½ cup whole or 2% milk

Remember

Talk with your child's pediatrician if you have any questions or concerns about your baby's diet.

More information

- Discontinuing the Bottle (/English/ages-stages/baby/feeding-nutrition/Pages/Discontinuing-the-Bottle.aspx)
- Unsafe Foods for Toddlers (/English/ages-stages/toddler/nutrition/Pages/Unsafe-Foods-for-Toddlers.aspx)
- Selecting Snacks for Toddlers (/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx)
- Water & Juice (/English/ages-stages/baby/feeding-nutrition/Pages/Water-Juice.aspx)

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