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Baby meal planner 10 to 12 months

Around 10-12 months, babies are ready for harder finger foods & self-feeding.

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Consistency: harder finger foods and self-feeding, some parents choose to start at this phase with soft finger foods).

Amount: Up to 1 ½ cups at meal times and ½ cup at snacks

Breastfeeds: 2-3 breast feeds per day

Timing: Before or between breastfeeds

Frequency: 3 meals a day and 2 snacks per day

Types of foods: Continue to offer new foods including foods which baby can feed to themselves.

Note – Always seek individualised advice when you have a family history of allergy, intolerance, coeliac disease or your baby is suspected to have feeding delays (such as tongue tie or physical or mental disabilities).

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