

FEEDING TIPS

FOR 8-12 MONTH OLDS

SOME KEY NUTRITIONAL NEEDS

IRON & VITAMIN C

- Prioritize Iron-Rich Foods:
- Serve iron-rich foods at least twice a day to support your baby's healthy development. Choose options with little to no added salt or sugar.
- Iron-rich food options:
 - Soft, tender pieces of meat or poultry
 - Finely minced, ground, or mashed cooked meat
 - Deboned fish
 - Well-cooked whole eggs in small pieces
 - Mashed beans or lentils
 - Iron-fortified infant cereals
 - Full-fat plain yogurt (or Greek), unsalted cottage cheese
- Boost Iron Absorption with Vitamin C:
 - Pair iron-rich foods with vitamin C for better absorption.
 - Vitamin C-rich foods cooked, small, softened, and safe to eat: tomatoes, broccoli, apples, oranges, kiwi, mango, bell peppers, grapefruit

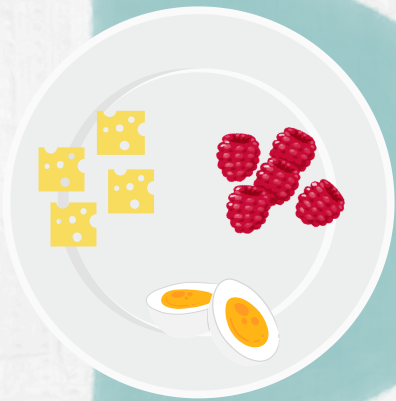


MILK

Breast Milk or Formula:
Keep offering breast milk or formula, as it should still make up half or more of your baby's daily nutrition.

VARIETY IS KEY:

At each meal, offer 2-3 different food groups with varied textures (finger foods and spoon-fed options).



MENU IDEAS

- Breakfast: Whole grain toast with peanut butter (cut into strips), flattened blueberries
- Snack: Peas and scrambled eggs
- Lunch: Grated carrot, minced salmon, mashed potato
- Snack: Soft ripe raspberries, unsalted cottage cheese
- Dinner: Cooked broccoli, grated cheese, rice

ENCOURAGE EXPLORATION:

Self-Feeding: Let your baby use their hands to explore different foods. Self-feeding encourages independence and improves motor skills.

TIP

Make mealtime fun by encouraging variety and self-feeding. This stage is all about discovery!

DEALING WITH FOOD REJECTION:

Be Patient: It can take several tries for your baby to accept a new food. Offer rejected foods in different forms—steamed, mashed, shredded, or even mixed into muffins or pancakes.

TIP

A fed baby is best, no matter the method. Trust yourself, you're doing great! Keep up the amazing work!

MENU IDEAS

- Breakfast: Soft scrambled egg with chopped spinach and cheese
- Snack: Plain full-fat or Greek yogurt with fruit
- Lunch: Soft whole-grain pasta with olive oil or mild sauce
- Snack: Whole grain cracker or teething biscuit with hummus
- Dinner: Ground beef with mild taco seasoning, shredded cheese, mashed avocado and whole wheat tortilla