

# 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.

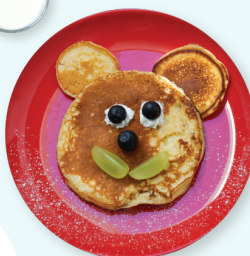
Signs that your baby is ready include:

- 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

### spaghetti & meatballs

spaghetti  
meatballs  
tomato sauce  
parmesan cheese



## 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



Copyright 2021, Washington State Dairy Council  
[www.wadairy.org/nutrition](http://www.wadairy.org/nutrition)



# 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 fruits or 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



cottage cheese



shredded cheese



string cheese



yogurt

## Fruits

1/8 TO 1/2 CUP DAILY



banana



raspberries



peaches



kiwi

## Vegetables

1/8 TO 1/2 CUP DAILY



broccoli



cauliflower



carrots



mushrooms

## Grains

1/2 TO 1 OZ DAILY



bread



baby cereal



cooked brown rice



cooked pasta

## Protein

3/4 TO 3 OZ DAILY



beans



salmon



chicken



smooth peanut butter

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.