



Dear Dad and Mom,

10-12 months

Here's what I need to eat from 10-12 months.

	10 Months	11 - 12 Months
Breakfast 	<ul style="list-style-type: none"> • ½ jar or 4-5 tablespoons mashed or finely chopped fruit • ¼ - ½ cup unsweetened cereal (45% iron) • 1-2 tablespoons ground or chopped meat, meat substitute, cheese or mashed egg yolk • Breast milk or 6-8 ounces of formula with iron 	<ul style="list-style-type: none"> • ½ jar or 4-5 tablespoons mashed or finely chopped fruit • ¼ - ½ cup dry unsweetened cereal (45% iron) • 1-2 tablespoons ground or chopped meat, meat substitute, or whole egg • Breast milk or 5-6 ounces of formula with iron
Lunch	<ul style="list-style-type: none"> • 2 tablespoons ground or chopped meat or meat substitute, small sandwiches, soft casseroles • 3-4 tablespoons mashed or finely chopped cooked vegetables • 3-4 tablespoons mashed or finely chopped fruits • Breast milk or 6-8 ounces of formula with iron 	<ul style="list-style-type: none"> • ½ jar plain strained meat or 2 tablespoons ground or chopped meat or meat substitute • ½ sandwich or ¼ - ½ cup soft casserole • ½ jar or 4-5 tablespoons cooked vegetables • ¼ - ½ cup potato, rice, noodles • ½ jar or 4-5 tablespoons mashed or finely chopped fruit • Breast milk or 6-8 ounces of formula with iron (may give in a cup)
Mid-Morning or Mid-Afternoon	<ul style="list-style-type: none"> • Baby toast, whole wheat or enriched bread or crackers • ¼ - ½ cup fruit juice from a cup 	<ul style="list-style-type: none"> • Baby toast, whole wheat or enriched bread or crackers • ¼ - ½ cup juice from a cup
Dinner	<ul style="list-style-type: none"> • ½ jar strained meat or 2 tablespoons ground or chopped meat or meat substitute • ½ sandwich or ¼ - ½ cup soft casserole • ½ jar or 4-5 tablespoons mashed or finely chopped cooked vegetables • ½ jar or 4-5 tablespoons mashed or finely chopped fruits • Breast milk or 6-8 ounces of formula with iron 	<ul style="list-style-type: none"> • ½ jar plain strained meat or 2 tablespoons ground or chopped meat or meat substitute • ½ sandwich or ¼ - ½ cup soft casserole • ½ jar or 4-5 tablespoons cooked mashed or finely chopped vegetables • ½ jar or 4-5 tablespoons soft or canned fruit • ¼ - ½ cup potato, rice or noodles • Breast milk or 5-6 ounces of formula with iron
Bedtime 	<ul style="list-style-type: none"> • Breast milk or 6-8 ounces of formula with iron 	<ul style="list-style-type: none"> • Breast milk or 5-6 ounces of formula with iron

For variety, try **meat substitutes** such as cooked and mashed dried beans and peas, lentils or tofu.

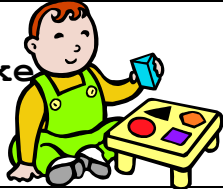

Wait until I'm 10 months to offer egg yolks.

At age one, add egg whites.

- Whole cow's milk may be started at this age. It helps brain and nerve growth. Don't use low fat milk before age 2. It slows my growth and can be hard on my kidneys.
- I may have a big appetite at this age because I am growing fast. My appetite slows at about 14 months when the rate of growth slows down.
- Set regular meal and snack times. Take snacks for me when we go out.
- **Finger foods** are foods I can eat with my fingers and help me to feed myself. Examples are: plain crackers, cheese slices or wedges, sliced banana, peeled and thinly sliced apples, dry cereal, plain bread sticks, soft cooked vegetables, soft fruit with no added sugar.

Dear Dad and Mom,

10-12 months

10- 12 Months	
How I Like to Eat...	<ul style="list-style-type: none"> • Drinking juice or formula from a cup during the day • Let me feed myself with a spoon or fork or my fingers. I'll make a mess but I need to learn. • Continue with my good eating habits by offering a variety of foods that don't include candy, popcorn, nuts, chips, etc.
How I Like to Play...	 <ul style="list-style-type: none"> • I really like to crawl or run away while you chase me • I really enjoy dancing in your arms • Such fun to drop toys on the floor and squealing for you to pick them up – one of my favorite games • Cups, blocks, balls, pots and pans, and boxes are some of my favorite toys • Being around other children my age or older
Help Me Learn to Talk By...	<ul style="list-style-type: none"> • Saying my name and looking directly at me to get my attention before you speak to me • Giving me simple commands that tell me what you want me to do (For example: "Come see this toy" instead of "don't touch the TV") • Using gestures when you talk to me (like pointing to the object) • Talking to me while feeding, bathing, and changing me • Keeping directions simple like "stand up", "sit down" or "come here"please
What I Need From You...	 <ul style="list-style-type: none"> • I need rules from you to make me feel secure • Keeping rules the same from day to day • Talking to me the way you want me to learn to talk to you (for example: saying please or thank you) • Being talked to and not yelled at helps me learn • Lots of hugs and smiles
How to Keep Me Safe...	<ul style="list-style-type: none"> • Putting breakable or dangerous objects out of my reach. I am tempted to touch often • Keeping cleaning agents, medicines, and personal products such as make-up out of my reach • Gates across stairways • Fences in yards or watched very closely when in a park, mall, store or parking lot

PARENT ALERT!!!!

Fish

Fish caught from inland lakes and streams may not be safe for me to eat. Check with my doctor, nurse, nutritionist or Department of Natural Resources for local fish advisories, or see alert on back of fishing license.

PARENT ALERT!!!!

Milk Allergy

If I am allergic to milk, wait to give me dairy products until I am one year old or until the doctor says it is OK.



Department of Health & Human Services

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