

BABY MEAL PLANNING NUTRITION CHART

GRAINS

2-4 tbsp (cooked) per meal

- oat
- pasta
- millet
- buckwheat
- rice
- quinoa
- barley



DAIRY

1 tbsp per meal

- full-fat cottage cheese
- yogurt
- kefir



FATS

1 tsp per meal

- olive oil
- butter
- vegetable oils
- nut butters



FRUIT

1 serving per meal

- ½ banana
- ½ apple/pear/orange
- ½ cup berries
- 1 plum/peach/apricot
- ½ cup watermelon



VEGGIES

1 serving per meal

- ½ cup cooked dark green leafy veggies
- 1 cup raw dark green leafy veggies
- ½ potato
- ½ cup chopped raw veggies
- ½ cup cooked sweet potato/butternut squash/pumpkin



PROTEIN

1 oz per meal

- 1 oz (30 g) meat/fish/poultry
- 1 egg
- 2 tbsp hummus
- ¼ cup cooked beans/peas/tofu



This chart is a guideline for how much of any given food group to include in a meal.

There's no need to include all food groups in a meal or even in a single day. You also don't need to mix food groups together.

However if you are offering mixed foods, this will provide a guide on how much of each to use. And you can also use this chart to help you ensure you serve a variety of foods over any given week for example.