

MEAL PLAN FOR CHILDREN 0-24MONTHS

FOOD- ITEM	0-6 MONTHS	6-8 MONTHS	9-11 MONTHS	1- 2 YEARS
DAILY MILK ALLOWANCE	Exclusive Breastfeeding or exclusive formula feeding 150- 180ml/kg	Breastfeeding or replacement feeding (800ml at 6 months & decrease to 500ml at 12 months)	Breastfeeding or replacement feeding (500-400ml)	500ml (breastfeeding or full cream milk)
Number of milk feeds per day	0-3 mths: 7-8 4-6 mths: 5-6	4-5	2-3	2
ON WAKING	Milk	ON WAKING Milk	ON WAKING None	ON WAKING None
Exclusive Breastfeeding or exclusive formula feeding	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Soft porridge/NTP infant cereal/NTP enriched porridge	None	Start with 1 teaspoon infant cereal and increase gradually to 2-4 level tablespoons with milk	3-6 level tablespoons soft porridge/infant cereal with milk	3- 4 tablespoons (1/3 cup) of soft porridge with milk
and add	None	1 t oil/margarine	1 t oil/margarine	1-2 t margarine OR 1 teaspoon of peanutbutter or Therapeutic paste such as Imunut
MID-MORNING	MID-MORNING	MID-MORNING SNACK	MID-MORNING SNACK	MID-MORNING SNACK
Fruit/fruit juice/Energy drink	None	At 8 months start with 1 teaspoon of mashed soft fruit and increase gradually	1-2 level tablespoons of mashed soft fruit OR undiluted fruit juice	½ small or ¼ large soft fruit OR ¼ to ½ cup undiluted pure fruit juice
Milk – breast milk or replacement feeding	Milk	Milk	1 cup of milk	½ cup of milk / yoghurt or NTP energy drink
ON WAKING	ON WAKING	ON WAKING	ON WAKING	ON WAKING
Milk - breast milk or replacement feeding	Milk	LUNCH	LUNCH	LUNCH
Soft maize porridge/NTP infant cereal/NTP enriched porridge or potato/rice	None	2-4 tablespoons	3-6 level tablespoons	3-4 tablespoons (1/3 cup) of soft porridge with milk or potato/rice/noodles
And Add	None	1 t oil/margarine	1 t oil/margarine	1 t margarine
Chicken /meat	None	At 8 months start with 1 teaspoon minced chicken/meat and increase gradually	1level tablespoons of Chicken/meat	1 heaped tablespoons of Chicken/meat/fish or 2-3 tablespoons of mashed cooked legumes or 1 egg OR 1 Tablespoon of peanutbutter/Therapeutic paste such as Imunut.
Vegetables	None	Start with 1 teaspoon of soft mashed vegetables and increase gradually	1-2 level Tablespoons vegetables	1-2 Tablespoons of vegetables. Include one green leafy or yellow vegetable for Vitamin A. (spinach, carrots, broccoli)
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Milk - breast milk or replacement feeding	Milk	Milk	1/3 slice Brown Bread with filling e.g. peanut butter increase gradually	1/3 to ½ slice Brown Bread with filling e.g. peanut butter ½ teaspoon Margarine ½ teacup of milk/ Rooibos tea
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Milk - breast milk or replacement feeding	Milk	Milk	1-2 level tablespoons	3-4 tablespoons (1/3 cup) of soft porridge with milk or potato/rice/noodles
Finely minced meat, chicken, chicken liver, fish or mashed legumes	None	At 8 months start with 1 teaspoon minced chicken/meat and increase gradually	1-2 level tablespoons of Chicken/meat cubes	1 heaped tablespoons of Chicken/meat/fish or 2-3 tablespoons of mashed cooked legumes or 1 egg OR 1-2 tablespoons (s) of peanutbutter/Therapeutic paste such as Imunut.
Starch (potato,maize porridge/infant cereal)	None	2-4 tablespoons	3-6 level tablespoons	3-4 tablespoons (1/3 cup) of soft porridge with milk or potato/rice/noodles
Vegetables(carrot, pumpkin, peas, broccoli)	None	Start with 1 teaspoon of soft mashed vegetables and increase gradually	1-2 level tablespoons vegetables	1-2 Tablespoons of vegetables. Include one green leafy or yellow vegetable for Vitamin A. (spinach, carrots, broccoli)
BEFORE BED-TIME	BEFORE BED-TIME	BEFORE BED-TIME	BEFORE BED-TIME	BEFORE BED-TIME
	Breast milk or infant formulae	Breast milk or infant formulae	Milk	Breast milk or 1 cup of milk
During night	Breast milk or infant formulae	Breast milk or infant formulae	1/3 slice of bread with margarine/ Therapeutic paste	1/3 - ½ slice of bread with peanut butter/Therapeutic paste



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