

Table 12: Three-day meal plan for infants aged 9 to 12 months

Day 1	Day 2	Day 3
<p>Breakfast</p> <p>Infant rice, iron fortified (5 tablespoons)</p> <p>Apple, stewed (3 tablespoons)</p> <p>Breast milk or formula to mix</p>	<p>Infant muesli, iron fortified (4 tablespoons)</p> <p>Pears, stewed or canned and mashed (3 tablespoons)</p> <p>Breast milk or formula to mix</p>	<p>Infant cereal, iron fortified (3 tablespoons)</p> <p>Fruit salad, canned and mashed (3 tablespoons)</p>
<p>Mid-morning snack</p> <p>Cheese on toast (½ slice)</p> <p>Kiwifruit (3 pieces)</p>	<p>Toasted bread, white (¼ slice)</p> <p>Margarine, low salt (½ teaspoon)</p> <p>Avocado (2 teaspoons)</p>	<p>Puffed crispbread (1)</p> <p>Cheese, Edam (2 thin slices)</p> <p>Carrot, raw, finely grated (2 tablespoons)</p>
<p>Lunch</p> <p>Soft pasta spirals (¼ cup), chopped, mixed with kumara (1 tablespoon), mashed and cottage cheese (1 tablespoon)</p> <p>Pieces of peeled, soft melon (4 tablespoons)</p>	<p>White toast (1 slice)</p> <p>Margarine, low salt (½ teaspoon)</p> <p>Vegetemite (1 teaspoon)</p> <p>Cheese, Edam, grated (1 tablespoon)</p> <p>Banana, 3 pieces</p>	<p>Chicken casserole with vegetables (2 tablespoons)</p> <p>Mashed potato (2 tablespoons)</p>
<p>Mid-afternoon snack</p> <p>Banana custard (3 tablespoons)</p> <p>Puffed crispbread (1)</p>	<p>Fruit yoghurt (¼ cup)</p> <p>Peaches, canned, mashed (3 tablespoons)</p> <p>Weetbix, crushed (3 tablespoons)</p>	<p>Puffed crispbread (1)</p> <p>Margarine, low salt (½ teaspoon)</p> <p>Soft pear pieces (¼ of a pear)</p>
<p>Dinner</p> <p>Cooked, mashed fish (¼ cup)</p> <p>Potato wedges (2)</p> <p>Cooked, mashed mixed vegetables (1 tablespoon)</p>	<p>Chicken casserole with vegetables (¼ cup)</p> <p>Carrot, mashed or soft finger food sized pieces (1 tablespoon)</p>	<p>Spaghetti noodles, chopped (2 tablespoons)</p> <p>Tomato and meat sauce (4 tablespoons)</p> <p>Mashed or chopped soft broccoli and carrot (1 tablespoon)</p>
<p>Total breast milk or formula for the day</p> <p>Breast milk or formula (2 ¼ cup)</p>	<p>Breast milk or formula (2 ¼ cup)</p>	<p>Breast milk or formula (2 ¼ cup)</p>

Metric conversion:

1 tablespoon = 15 ml 1 cup = 250 ml

Finger foods need to be in a size that can be easily picked up by infant.

Table 13: Summary of the nutritional analysis of the three-day meal plan for infants aged 9 to 12 months, average per day

	Average
Weight of food and fluid (g)	970
Fluid (mL)	788
Energy (kJ)	3265
Energy (kcal)	777
Carbohydrate (g)	91
Protein (g)	29
Total fat (g)	34
Fibre (g) (Englyst)	5
Saturated fat (g)	14
Calcium (mg)	581
Iron (mg)	10
Sodium (mg)	655
Zinc (mg)	5.1
Selenium (µ)	21
Vitamin C (mg)	96
Total vitamin A equivalents (µg)	860