

What's on the menu for your toddler?

Here are some suggestions on how to plan meals for your toddler. As for how much to feed them at mealtimes and at snack times, let their appetite guide you.



9-10 months

Three meals a day and one snack, plus milk (about 1 pint/500ml per day)

Breakfast

Small bowl of cereal, slice of toast with butter, thinly spread
OR scrambled egg on toast
Milk feed

Mid-morning

Water or milk to drink

Lunch

Savoury meal, followed by dessert or fruit
Water or diluted juice

Mid-afternoon

Milk feed and some finger foods as a snack (see ideas alongside this table)

Tea

Savoury meal or sandwich. Yogurt, dessert or fruit. Water or diluted fruit juice

Bedtime

Milk feed

Why not try?

HiPP Organic breakfasts:

- Apple, Banana & 4 Cereal Breakfast (dried)
- Breakfast Duet Strawberry Cereal with yogurt (jar)



HiPP Organic savoury meals:

- Vegetable Lasagne (jar)
- Pasta Italiana with Ham (jar)
- Scrumptious Cottage Pie with Herbs (pot)

HiPP Organic desserts:

- Tropical Fruit Salad (jar)
- Apple & Vanilla Dessert (jar)



HiPP Organic drinks:

- Apple Juice with Mineral Water (bottle)
- Mixed Fruit with Mineral Water (bottle)

Offer plenty of new foods, combinations of foods and new textures.

10-11 months

Three meals a day and one or two snacks, plus milk (about 1 pint/500ml per day)

Breakfast

Bowl of cereal, slice of toast with butter, thinly spread OR melted cheese on toast
Fruit
Milk feed

Mid-morning

Milk (and a small snack if your toddler is hungry)

Lunch

Savoury meal, followed by dessert or fruit
Water or diluted juice

Mid-afternoon

Water to drink and a snack (see ideas alongside this table)

Tea

Savoury meal or sandwich. Yogurt, dessert or fruit. Water or diluted fruit juice

Bedtime

Milk feed

Why not try?

HiPP Organic savoury meals:

- Vegetables with Noodles & Chicken (jar)
- Spaghetti Carbonara (jar)
- Chunky Vegetable & Beef Casserole (jar)
- Mediterranean Ratatouille with Gnocchi (pot)

HiPP Organic desserts:

- Rice Pudding with Apple & Pear (jar)
- Fruit Layer Mango & Banana with Yogurt (jar)

HiPP Organic finger foods:

- Carrot & Pumpkin Rice Cakes
- Squiggly Corn Puffs
- Apple Rice Cakes



Encourage your baby to try to feed themselves – using a fork, spoon or fingers!

12+ months

Three meals a day and two snacks, plus milk (about 12 fl oz/350ml per day)

Breakfast

Bowl of cereal
OR fruit with yogurt
Slice of toast with butter, thinly spread
Milk, water or diluted fruit juice

Mid-morning

Fruit Smoothie or cup of milk and a small snack (see ideas alongside this table)

Lunch

Savoury meal, followed by dessert or fruit
Water or diluted fruit juice

Tea

Savoury meal or sandwich
Yogurt, dessert or fruit
Water or diluted fruit juice

Bedtime

Cup/beaker of milk

Why not try?

Foods for 10-11 months, plus

HiPP Organic savoury meals:

- Scrumptious Lasagne (tray meal)
- Potato, Pumpkin & Chicken Scrumble (tray meal)
- Celeriac & Tender Beef Hotpot (pots)



HiPP Organic finger foods:

- Fruit & Cereal bars: Plum & Apple and Peach & Apple
- Apple Elephant Biscuits
- Apple & Blueberry Rice Cakes



Aim to give your toddler 5 portions of fruit and vegetables per day.

Offer plenty of new foods, combinations of foods and new textures. A wide range of finger foods adds variety to the diet and encourages chewing.

Finger foods and snacks to try:

- Slices of ripe fruit e.g. apple, banana, peach, pear
- Pieces of cooked vegetables e.g. broccoli, carrots, green beans, cucumber
- Houmous with soft vegetable sticks or pitta bread
- Cooked pasta shapes
- Toast fingers, breadsticks, pitta bread, HiPP Organic Apple Elephant Biscuits
- HiPP Organic Rice Cakes
- HiPP Organic Fruit Pots
- Miniature sandwiches
- Slices or small chunks of cooked chicken or fish

Remember to stay with your toddler while they eat in case they have any difficulty swallowing.

