



# A Simple Guide to Infant Nutrition

## Food Choices for 6-24 Months

This is a general guide designed to provide families with easy meal ideas that are nutrient-dense and meet the latest Australian guide to healthy eating (NHMRC Australian Government)\*



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Chrissy is here to provide guidance and simple tools to nourish your little one and support you through your starting solids journey.

◀ **Book a free chat with Chrissy to learn more.**  
*(10 min discovery call. No obligation)*

# Introduction

**This guide does not list every type of food, instead, it lists the major food groups.**

By 6 months, it's a good idea to start feeding your little one modified versions of family meals. As we approach 12 months, their digestive system is more developed to handle the same meals as family.

## 1 Healthy fats

Omega-3 fatty acids particularly DHA are essential for brain and eye development and ensure fullness.

## 3 Vitamin C

Strengthens the immune system and enhances iron absorption.

## 2 Iron rich foods

Essential for healthy brain development and the production of haemoglobin, which carries oxygen in the blood. It is particularly important in infants as they grow rapidly.

## 4 Fibre

Important for digestive health especially when baby is starting solids.

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## Meeting the Australian dietary guidelines from 1-2 Years

### Recommended daily intake



#### Vegetables

2-3 Serves

#### Fruit

1/2 Serve



#### Grain

4 Serves

#### Lean Meat & Poultry, Fish, Eggs, Nuts & Seeds, Legumes/Beans

1 Serve



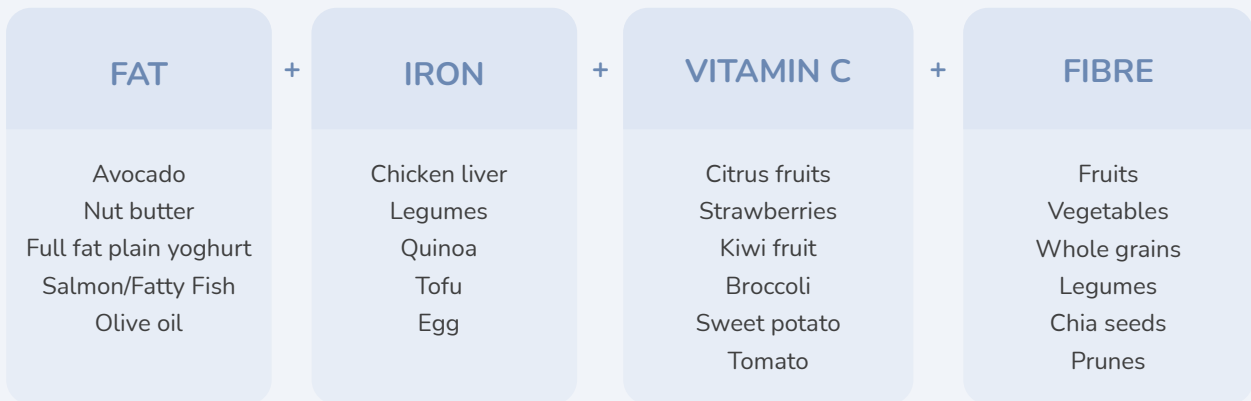
#### Milk, Yoghurt, Cheese and/or alternatives

1-1 1/2 Serve



# Meeting the Australian dietary guidelines from 1-2 Years

Mix and match the following key nutrients on their plate!



Example food items only, there are lots more!

## Putting it all together – Day on a plate

Example for 1-2 Year old

MEAL	NUTRIENTS	SERVINGS
<b>Breakfast</b> Oats w/ chia seeds, 1 egg yolk, kiwi fruit	Fat, Iron, Fibre	1 Grain ½ Fruit ½ Egg
<b>Snack 1</b> 2 pieces of strawberry, wholegrain toast w/ raspberry jam	Vitamin C, Iron	¼ Fruit 1 Grain
<b>Lunch</b> ½ Cup wholegrain pasta, shredded chicken, 2 cherry tomatoes, sweet potato	Iron, Fibre, Vitamin C	1 Grain ½ Lean meat 2 Vegetables
<b>Snack 2</b> Cucumber + peanut butter	Vitamin C, Fat	¼ Nuts 1 Vegetable
<b>Dinner</b> Refried beans, avocado, quinoa, broccoli	Fat, Iron, Vitamin C, Fibre	½ Beans 1 Vegetable 1 Grains

\*The information in this guide is not intended or implied to be a substitute for professional medical advice. It is provided for educational purposes only. Full responsibility for how you choose to use this information is assumed.

## ● Meals Ideas Ages 6+ months

Shredded chicken +  
quinoa + blueberries

Greek yoghurt + scrambled  
egg + blueberries

Pasta + broccoli  
+ blueberries

Refried beans + avocado +  
tomatoes + blueberries

Avocado + almond butter & raspberry jam on toast + blueberries

## ● Healthy Snack Ideas

1/2 cup yoghurt + 4  
pieces of strawberries

In season fruit sliced

1/4 cup stewed fruit

Roasted sweet potato

Thawed edamame + halved cherry tomatoes

## ● Top 6 Sources of Iron Foods



**Chicken Liver**



**Cannellini Beans**



**Black Beans**



**Pumpkin**



**Lentils**



**Quinoa**

## ● Top Iron Absorption Foods



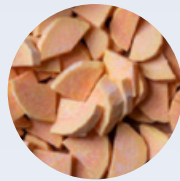
**Kiwi Fruit**  
1/4 cup



**Broccoli**  
1/4 cup



**Spinach**  
1/4 cup  
\*cooked



**Sweet Potato**  
1/4 cup



**Tomatoes**  
1/4 cup



**Oranges**  
1 Orange

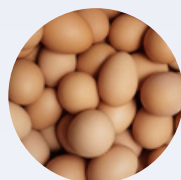
## ● Foods High in Omega-3



**Chia Seeds**



**Tofu**



**Eggs**



**Soy Beans**



**Ground Flaxseeds**