

Sample Food Day

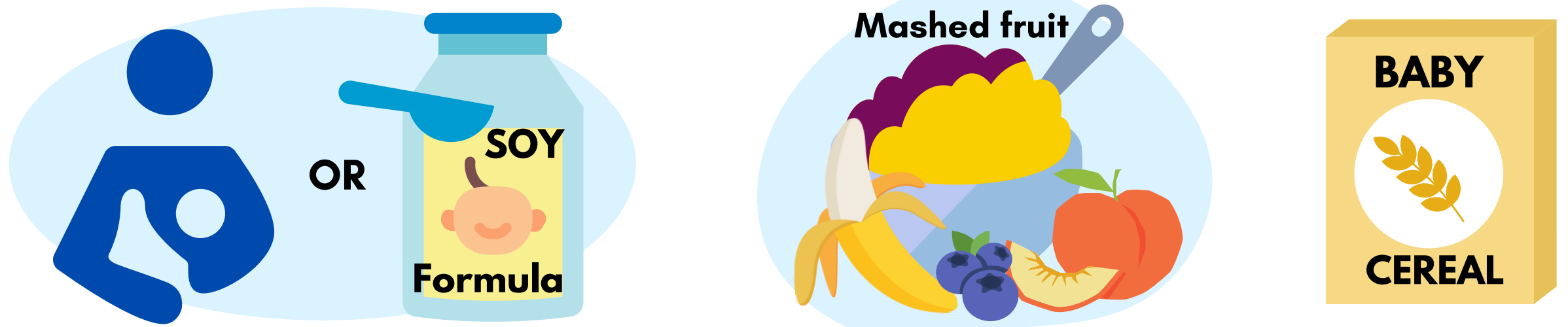


for vegan
babies 6-9
months old

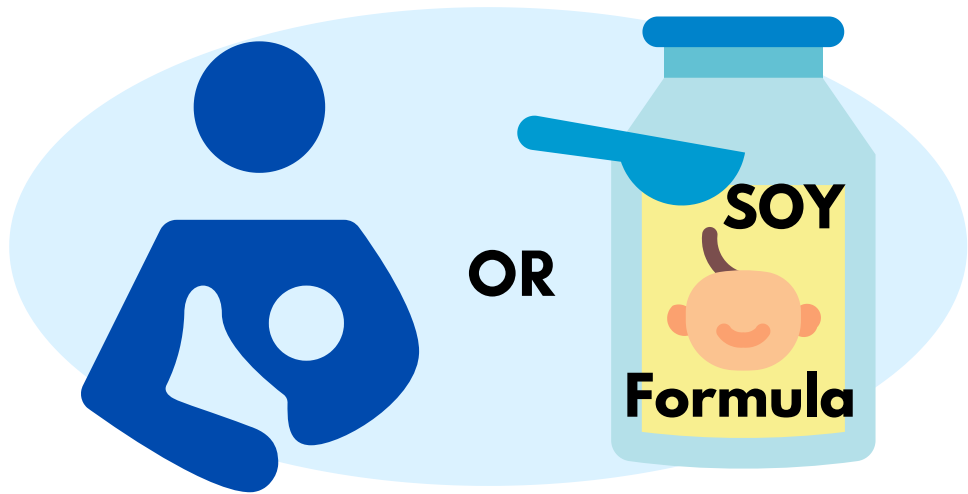
Early
Morning



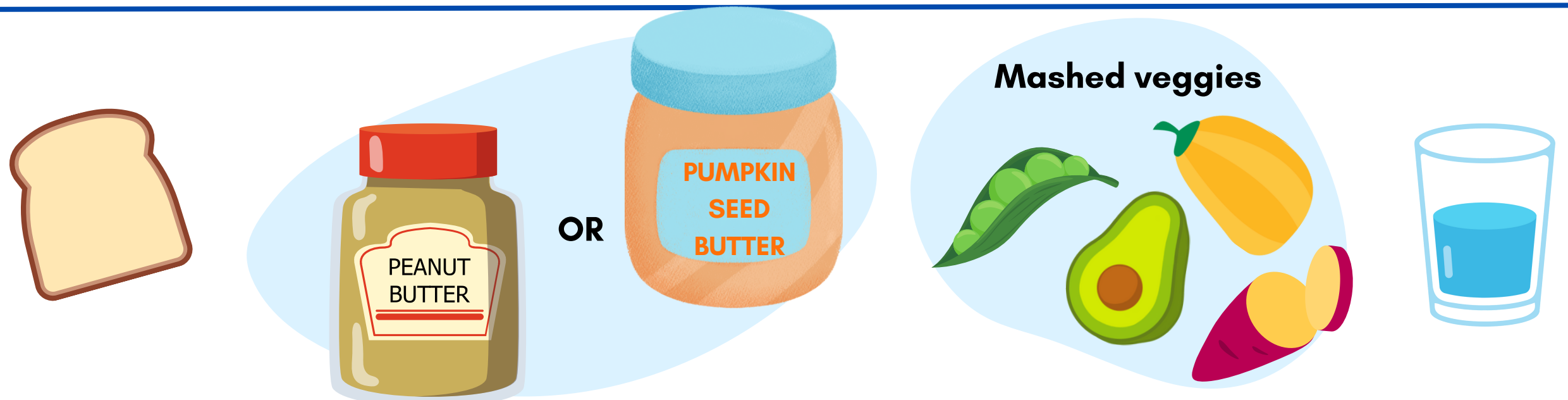
Breakfast



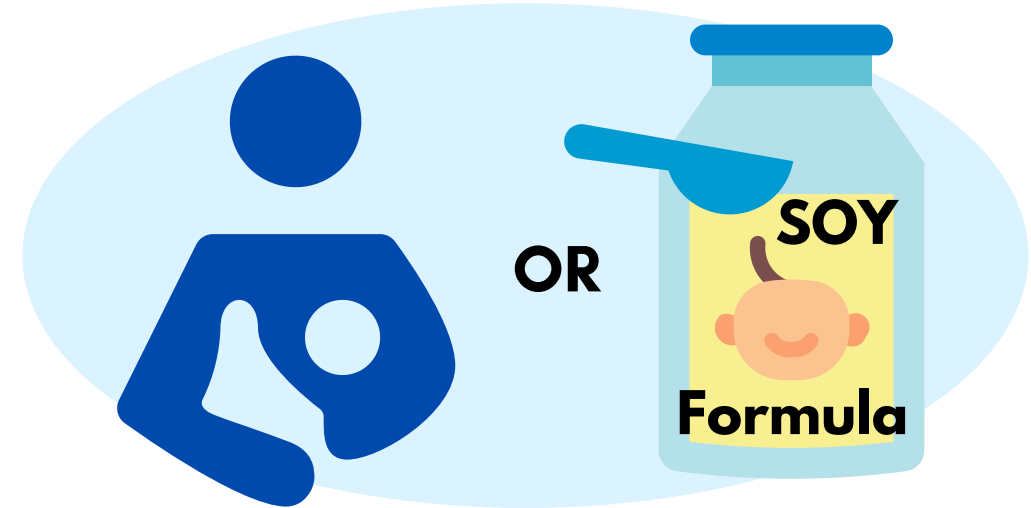
Morning
Snack



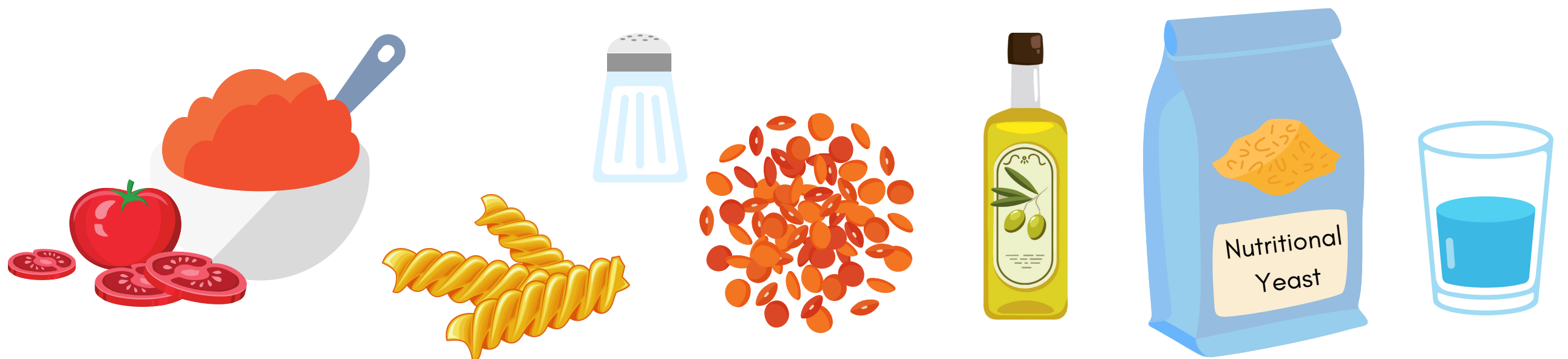
Lunch



Afternoon
Snack



Dinner



Bedtime
snack &
overnight



Sample Food Day

for vegan
babies 6-9
months old

Early Morning

Breast milk or soy infant formula; vitamin D drops for breastfed babies

Breakfast

Mashed soft fruit like banana, berries, or peaches; breast milk or soy formula mixed with iron-fortified infant cereal

Morning Snack

Breast milk or soy infant formula

Lunch

Wholegrain bread spread with smooth peanut butter or pumpkin seed butter; mashed soft veggies like baked or microwaved sweet potato or squash, mashed green peas, or pieces of avocado; water

Afternoon Snack

Breast milk or soy infant formula

Dinner

Boiled red lentils mixed into plain tomato sauce or crushed tomatoes; soft-cooked small whole grain pasta (like rotini or macaroni), sprinkle of nutritional yeast (1/2 tsp), a pinch of iodized salt, and 1 tsp olive oil mixed in; water

Bedtime snack & overnight

Breast milk or soy infant formula