

Sample Food Day

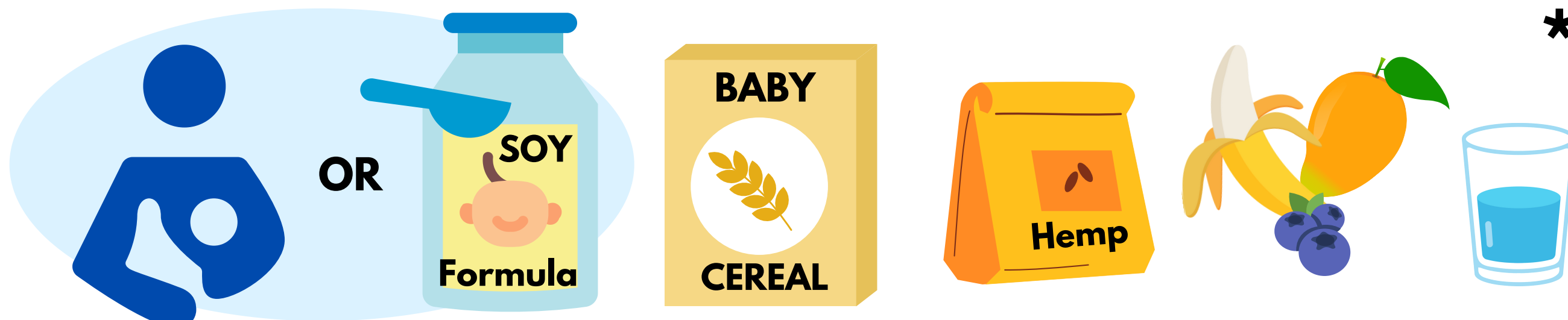


for vegan
babies 9-12
months old

Early
Morning



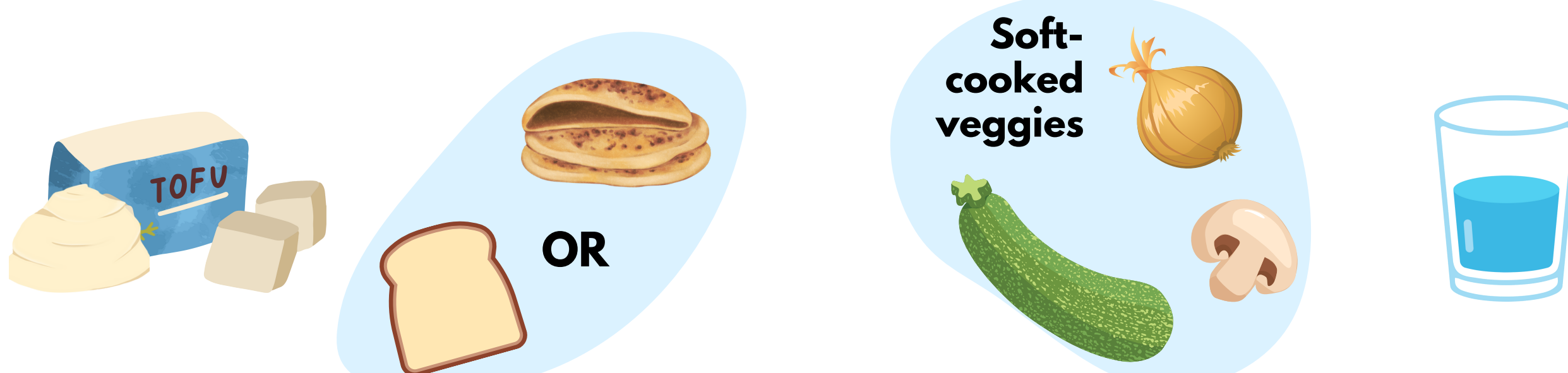
Breakfast



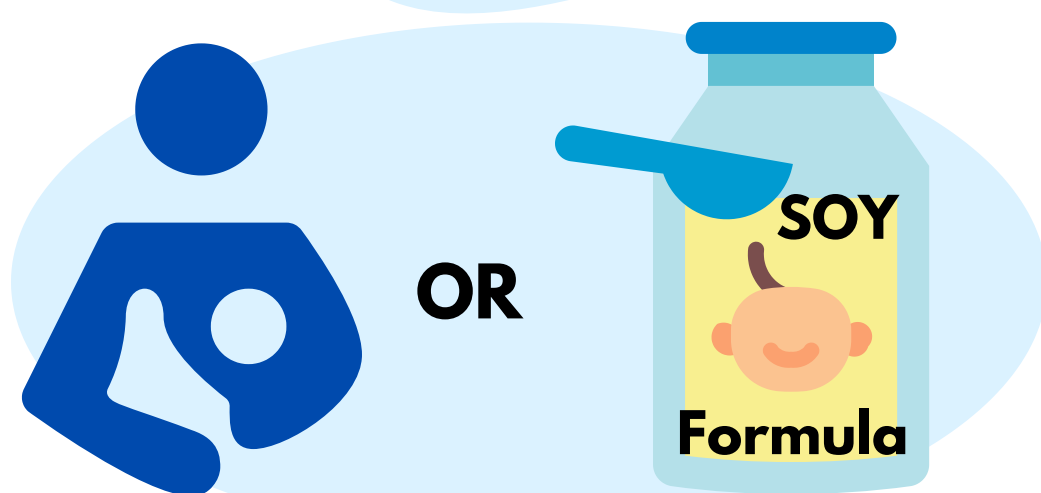
Morning
Snack



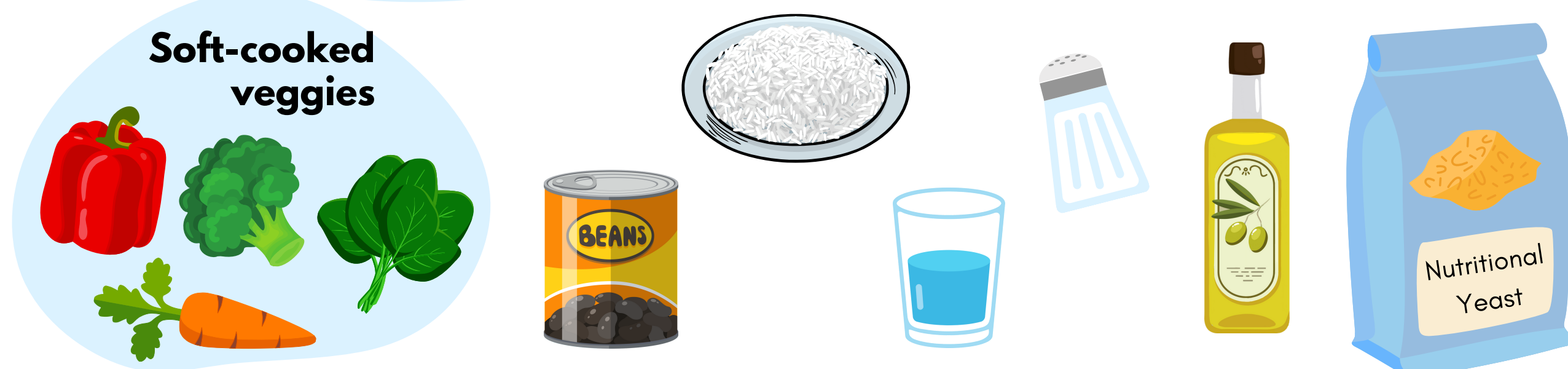
Lunch



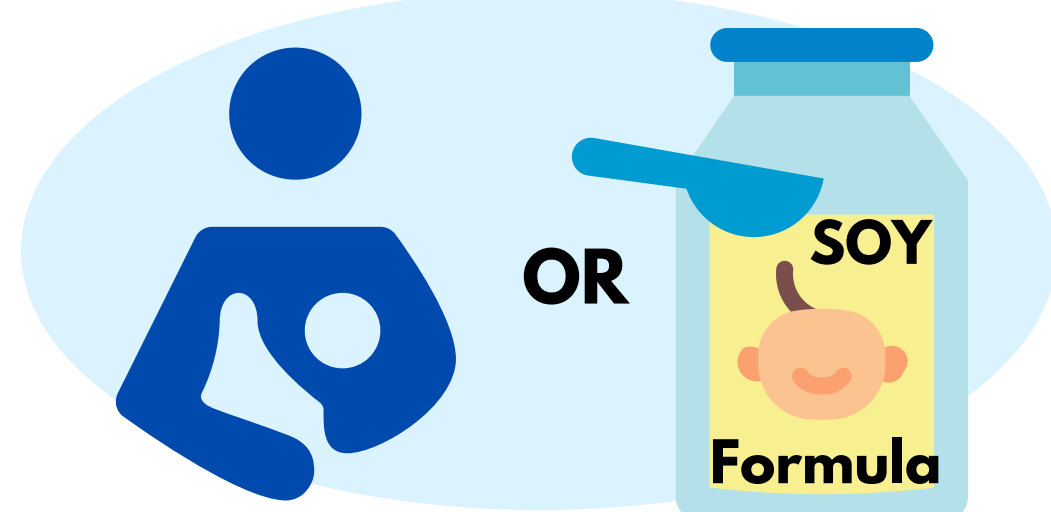
Afternoon
Snack



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

Iron-fortified infant cereal made with breastmilk or soy formula; ½ tsp hemp seeds; soft fruit like pieces of banana, berries, or mango; water
*Plant milks are not recommended for babies under 2 years old. Speak to a registered dietitian to discuss the best milk alternatives for your baby.

Morning Snack

Wholegrain crackers with smooth almond butter; water

Lunch

Mashed extra-firm tofu mixed with soft-cooked veggies like onion, mushroom, zucchini, small pieces of wholegrain bread or pita; water

Afternoon Snack

Breast milk or soy infant formula

Dinner

Black beans (from a can, drained and rinsed in a colander) with boiled rice and soft-cooked veggies (microwaved, sautéed, or steamed) like broccoli, spinach, carrots, or bell peppers, with a sprinkle of nutritional yeast (1/2 tsp), pinch of iodized salt, and 1 tsp olive oil mixed in; water

Bedtime snack & overnight

Breast milk or soy infant formula