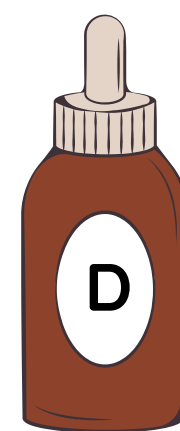
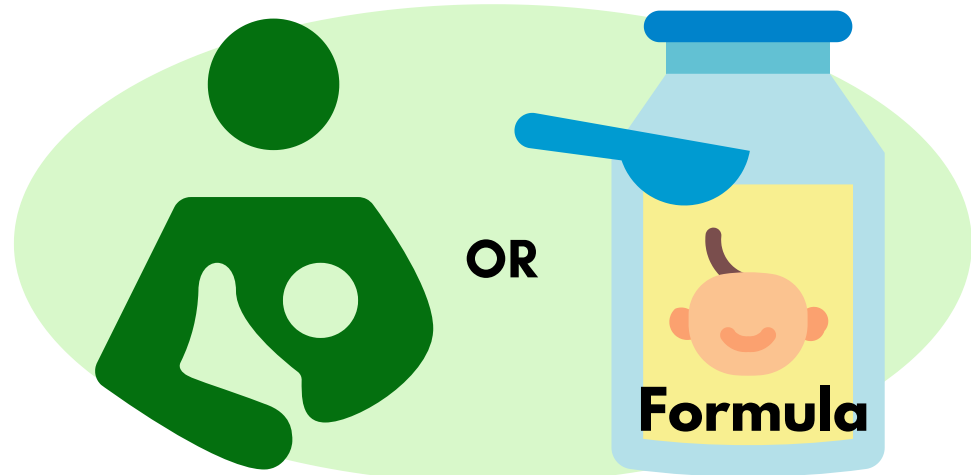


Sample Food Day

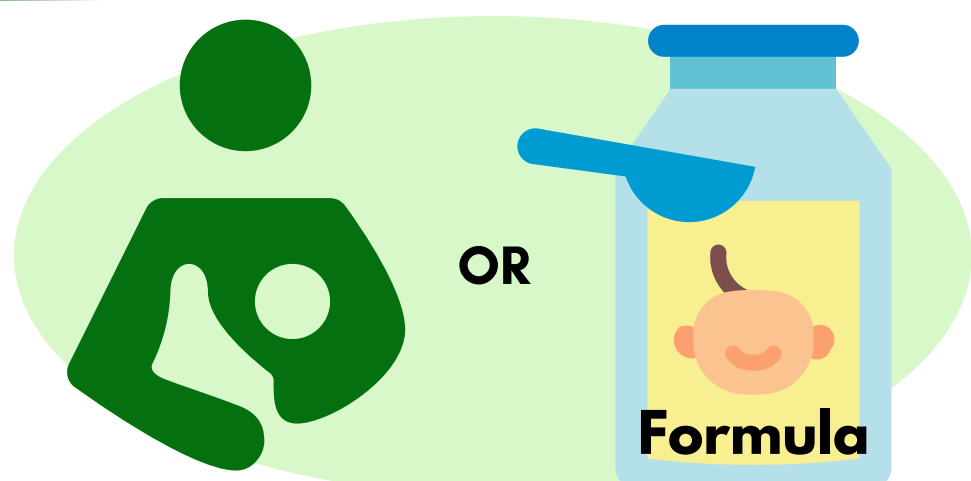


for vegetarian
babies 6-9
months old

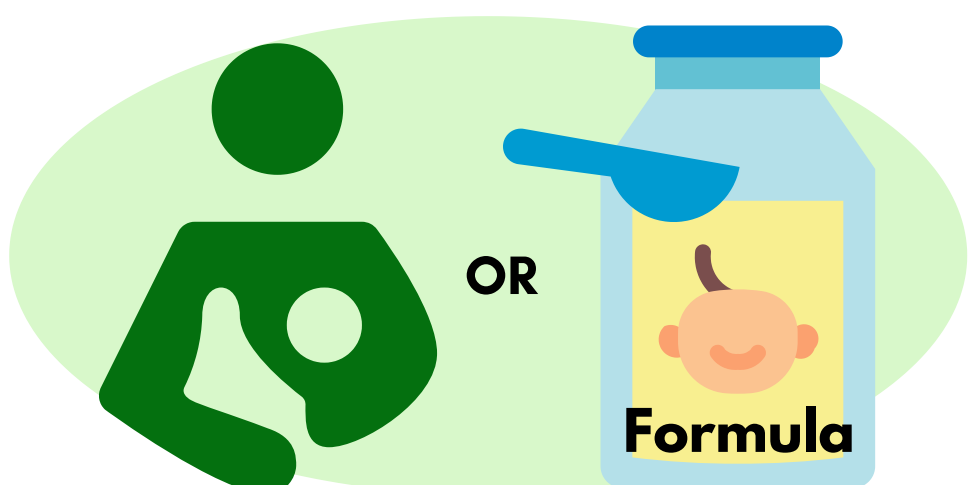
Early
Morning



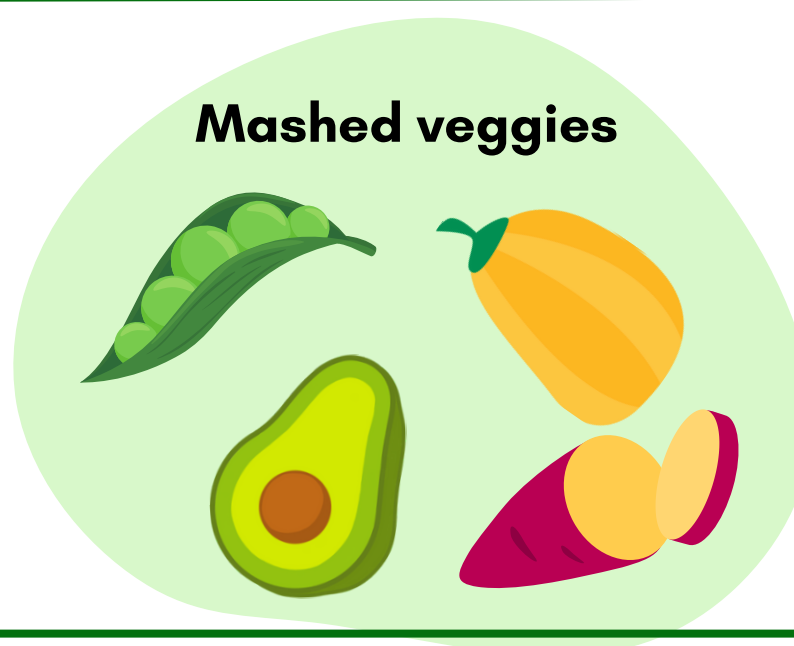
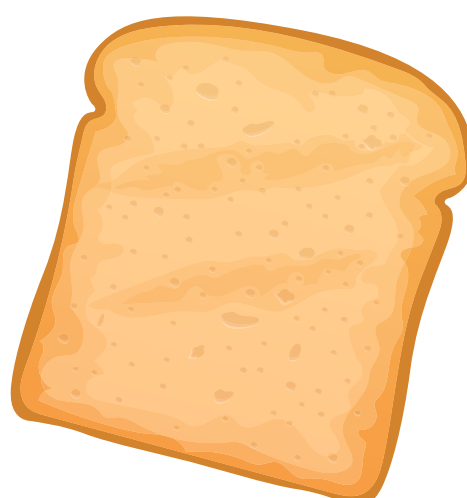
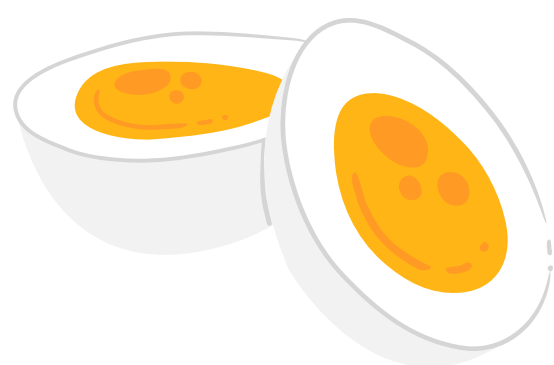
Breakfast



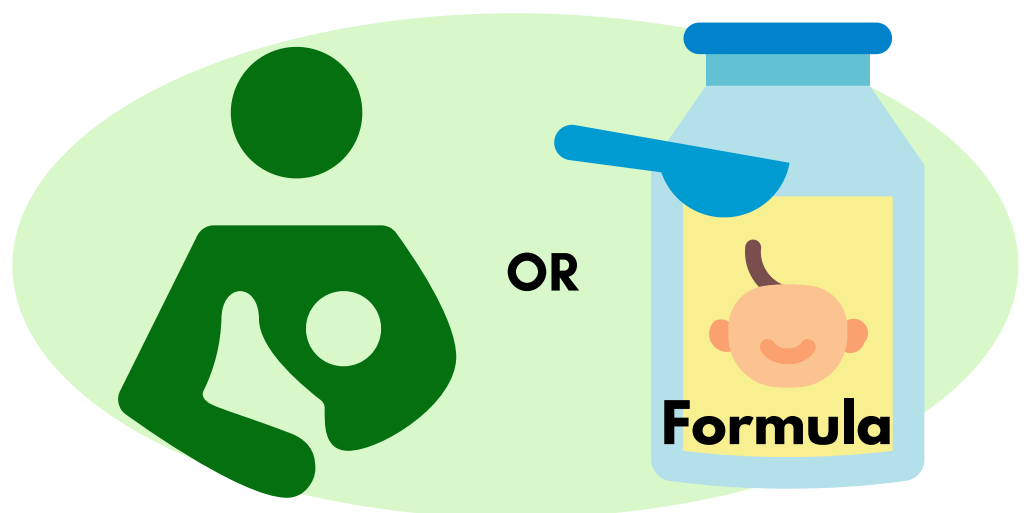
Morning
Snack



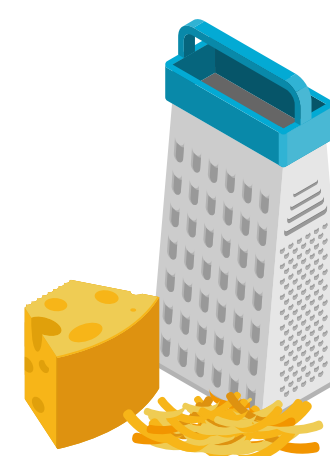
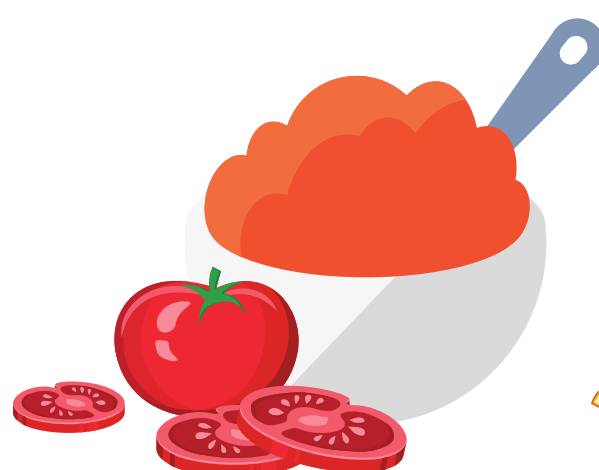
Lunch



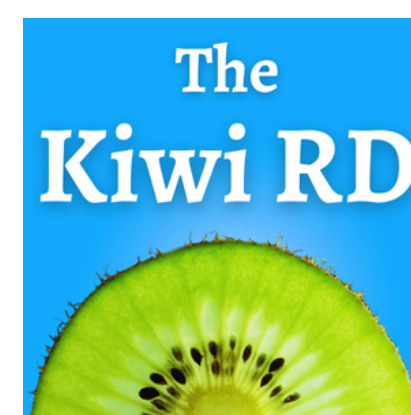
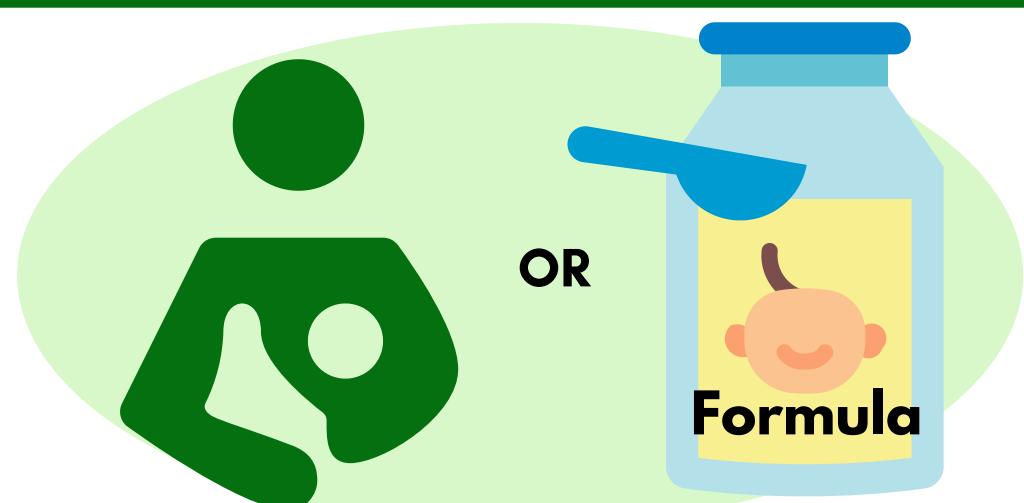
Afternoon
Snack



Dinner



Bedtime
snack &
overnight



Sample Food Day

for vegetarian
babies 6-9 months
old

Early Morning

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

Breakfast

Mashed soft fruit like banana, berries, or peaches; breast milk or infant formula mixed with iron-fortified infant cereal; 1 Tbsp peanut butter mixed in

Morning Snack

Breast milk or infant formula

Lunch

Hard-boiled egg cooked through; wholegrain bread; mashed soft or soft-cooked veggies like baked or microwaved sweet potato or squash, mashed green peas, or pieces of avocado; water

Afternoon Snack

Breast milk or infant formula

Dinner

Boiled red lentils mixed into plain tomato sauce or crushed tomatoes; soft-cooked small whole grain pasta (like rotini or macaroni), 1 tsp olive oil; shredded pasteurized cheese; water

Bedtime snack & overnight

Breast milk or infant formula