



# Sample Meal Plan (6-24 months)

	Breakfast	Lunch/Dinner Serve at each meal	Snack (mid-morning/afternoon) Serve at each snack time
6-8 months	<ul style="list-style-type: none"> <li>• ½ cup of rice porridge</li> <li>• 1 tbsp of tomato/carrot</li> <li>• 1 tbsp of spinach/mustard greens</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup of rice porridge</li> <li>• 1 tbsp of carrot</li> <li>• 1 tsp of fish</li> <li>• Breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk</li> <li>• 1-2 tbsp of fruit</li> </ul>
9-11 months	<ul style="list-style-type: none"> <li>• ½ cup of porridge</li> <li>• 1 ½ tbsp of tomato/carrot</li> <li>• 1 tbsp of spinach/mustard greens</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup of thick rice porridge</li> <li>• 1 ½ tbsp of carrot</li> <li>• 1 tbsp of spinach</li> <li>• 1 tsp of meat</li> <li>• Breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk</li> <li>• ½ slice papaya</li> </ul>
1-2 years	<ul style="list-style-type: none"> <li>• 1-2 slice of toast</li> <li>• 1 tsp of margarine</li> <li>• 1 glass milk/chocolate milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup of white rice</li> <li>• 2 tbsp of carrot</li> <li>• 2 tbsp of spinach</li> <li>• ½ piece of fish (eg Kembong masak pindang)</li> <li>• ½ slice of papaya</li> <li>• Breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk</li> <li>• 1 small size banana (eg pisang mas)</li> <li>• 1 sandwich</li> <li>• 1 cup milkshake</li> <li>• 1-2 biscuits</li> </ul>



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