

Your recommended menu plan



Baby's menu planner

A mom's guide to feeding baby

12+
Months

A brave toddler,
developing strength
and confidence
each day

Growing Up Milestones

- May start standing up
- Baby teeth continues to appear
- May start to use spoon and fork to feed oneself
- Mimic speech sounds or small gestures



Click on menu item to view its recipe

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	50g Simple porridge	50g Small slices of banana and avocado	50g Simple porridge	50g Small slices of orange and apple	50g Simple porridge	50g Small slices of banana and mango	50g Simple porridge
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Lunch	50g Minced chicken and small slices of carrots	50g Shredded fish fillet with small slices of broccoli	50g Minced shrimp with rice	50g Mashed squash (kalabasa)	50g Minced shrimp with spinach	50g Shredded fish fillet with steamed tofu	50g Scrambled egg and soft bread
Snack	100ml Baby's usual milk or Cerelac NutriPuffs Banana & Strawberry	100ml Baby's usual milk or 5 tbsp Cerelac Mixed Fruits & Soya with Banapple Cupcakes	100ml Baby's usual milk or 2 cups of Cerelac Wheat Banana & Milk with Apple Banana Cookies with Raisins	100ml Baby's usual milk or 2 cups of Cerelac Mixed Fruits & Soya with Carrot Cookies	100ml Baby's usual milk or 5 tbsp Cerelac Wheat Banana & Milk Donuts	100ml Baby's usual milk or 5 tbsp Cerelac Mixed Fruits & Soya with Banana Jelly	100ml Baby's usual milk or Cerelac Nutripuffs Banana & Orange
Dinner	50g Mashed squash (kalabasa) with malunggay	50g Omelette with spinach	50g Scrambled egg with steamed tofu	50g Mashed broccoli with parmesan	50g Mashed sweet potato (kamote)	50g Minced chicken with cabbage	50g Shredded fish fillet with small slices of carrots
Bedtime	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk

Recipes

Visit www.parenteam.com.ph
& find these Recipes and more.

These menus were developed by a registered dietitian. The recommended foods and portion amounts provided are a guide - always listen to your baby's hunger and fullness cues and let her decide how much to eat. Use your baby's developmental cues to determine her readiness before introducing a new food.
© Nestlé CERELAC® is a complementary food intended for spoon-feeding from 6 months.



Your ingredients list



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☐ Apple Banana Cookies with Raisins

2 cups Cerelac Wheat Banana & Milk
2 pcs Banana
1 pc small Apple
1/2 cup Rolled Oats
1/2 cup Flour
1 Egg
1 small pack Margarine
2 tetra pack Raisins

☐ Carrot Cookies

2 cups CERELAC Mixed Fruits & Soya
1/2 cup grated Carrots
1 cup Brown Sugar
1 Egg
1 tsp. Vanilla
3/4 cup sifted All-purpose flour
1/2 Baking Soda

☐ Cerelac Donuts

5 tbsp Cerelac Wheat Banana & Milk
1/4 kilos Rice Flour
3 tbsp Margarine
2 tbsp Sugar
2 tsp Baking Powder
1 Egg
3 tbsp Evaporated Milk

☐ Banapple Cupcakes

5 tbsp Cerelac Mixed Fruits & Soya
2/3 cup Distilled Water
1 pc small Apple
1 Egg
2 pcs small Banana

☐ Banana Jelly

5 tbsp Cerelac Mixed Fruits & Soya
2 pcs Banana (Lakatan)
1 cup of Distilled Water (for jelly mixture)
5g of any white Jelly Powder Mix



Remember - each of these recipes is available online at <http://www.parenteam.com.ph>. To search our recipes, visit our Recipe section.





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CERELAC® helpful hints and tips for feeding your baby during this developmental stage

- At 12 months onwards, you may give CERELAC® Nutripuffs as a snack for your baby. It is safe to eat for little ones because it surely melts in the mouth and has no added salt, flavor, and preservatives.
- Aside from CERELAC® Nutripuffs, you may also mix other CERELAC® infant cereals with fruits to create a nutritious and delicious snack for your baby.
- Remember to give CERELAC® only once a day for your baby. Either a CERELAC® Nutripuffs or CERELAC® infant cereal that is mixed with fruits as a snack time.
- In feeding CERELAC® meals to your baby, give 2-5 teaspoons for the first week and gradually increase to 3-6 teaspoons by the second week to meet your baby's growing appetite.

IMPORTANT INFORMATION

The Department of Health recommends solid foods be introduced at around 6 months of age.® Nestlé CERELAC® is a complementary food intended for spoon-feeding from 6 months and is NOT to be used as a breast milk substitute. Please follow the preparation instructions and be mindful not to overfeed your baby.

