

CHARTS

12 Month Baby Food Chart: Transitioning to Toddler Eating

Your baby turns 1! See what changes at 12 months, how to introduce whole cow's milk, what table foods are safe, and get our complete 12-month feeding schedule and meal ideas.

Key Takeaways

- At 12 months, babies can eat most family foods in safe sizes and transition from formula to whole cow's milk, eating about three meals plus two snacks a day.
- Cap whole cow's milk at roughly 16-24 oz (475-710 ml) a day so it does not displace iron-rich solids.
- Honey becomes safe after the first birthday; continue to limit added salt and sugar and to cut choking-hazard foods small.
- Growth naturally slows after 12 months, so appetite often becomes smaller and more variable - practice responsive feeding.
- Aim for variety across the week rather than balance at every meal, keeping iron, protein, and calcium central.

Frequently Asked Questions

What can a 12 month old eat?

At 12 months, babies can eat most of the same foods as the rest of the family, cut into safe sizes, including whole cow's milk as a drink, a variety of proteins, grains, dairy, fruits, and vegetables. Honey is now safe; continue to limit salt and sugar and avoid choking hazards.

Can a 12 month old drink cow's milk?

Yes. At 12 months most babies can transition from formula to whole cow's milk as a main drink. Breastfeeding can continue as long as you both wish. Limit milk to about 16–24 oz a day so it doesn't crowd out food.

How many meals does a 1 year old need?

Around three meals and two snacks a day, plus milk. Appetites fluctuate as growth slows after the first year, offer balanced options and let your toddler decide how much to eat.

Sources

1. Starting Solid Foods — American Academy of Pediatrics
2. How Much and How Often to Feed Your Baby — Centers for Disease Control and Prevention
3. Feeding your baby: 6-12 months — UNICEF