

SCHEDULES

12 Month Feeding Schedule: A Day of Toddler Meals

A 12 month feeding schedule for one year olds, covering three meals, two snacks, the switch to whole milk, and a printable sample day.

Frequently Asked Questions

What is a good feeding schedule for a 1 year old?

A typical schedule for a 1 year old is three meals and two snacks a day, plus whole milk with or between meals. Total milk is usually capped around 16–24 oz so it doesn't replace food.

How much milk should a 12 month old drink?

About 16–24 oz of whole cow's milk a day is a common guideline once formula is phased out. Too much milk can reduce appetite for iron-rich foods, so keep it within this range.