

## SCHEDULES

# Weekly Feeding Plan for 9 to 12 Months: 7 Days of Family Foods

A weekly feeding plan for babies 9 to 12 months old, with a 7-day menu of soft family foods, three meals plus snacks, and balanced nutrition.

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## Frequently Asked Questions

### What should a 9 to 12 month old eat in a week?

Aim for variety across the week: iron-rich proteins, whole grains, dairy, and a range of fruits and vegetables, served as soft family foods across three meals and one to two snacks a day.

### How do I keep meals balanced for a near-toddler?

Focus on balance over the whole week rather than every meal. Include an iron-rich food most days, offer different colors of produce, and rotate proteins and grains.