

TODDLER

12 Month Toddler Food Chart: First Birthday Feeding Guide + Free Printable

Complete 12-month toddler food chart with safe foods, portion sizes, daily schedule, and what changes at the first birthday. Reviewed against AAP guidelines.

Key Takeaways

- At 12 months, whole cow's milk replaces formula or breast milk becomes a complement rather than the main nutrition source.
- Toddlers need 3 meals and 2–3 snacks per day, with roughly 1,000 calories total.
- Portion size is approximately 1 tablespoon of each food per year of age — so 1 tablespoon per item at 12 months.
- Iron-rich foods remain critical; breast milk and cow's milk do not provide enough iron for toddlers eating mainly dairy.
- Honey, whole grapes, whole nuts, and added salt/sugar are still off the menu at 12 months.

Frequently Asked Questions

What should a 12-month-old be eating?

A 12-month-old can eat most soft family foods modified to safe sizes. They need 3 meals and 2–3 snacks covering all food groups — protein, dairy, grains, fruits, and vegetables. Whole milk replaces formula at this age; breast milk can continue alongside solids.

How much milk should a 12-month-old drink?

At 12 months, offer 16–24 oz of whole cow's milk per day. More than 24 oz displaces iron-rich solid foods and increases the risk of iron deficiency. Limit milk to meals and one or two snack times rather than offering it continuously.

Can a 12-month-old eat eggs, peanut butter, and cheese?

Yes, all three are safe and nutritious at 12 months. Scrambled egg, thinly spread peanut butter on toast, and soft cheese cubes are excellent protein and fat sources. If allergens were not introduced earlier, introduce one at a time and watch for reactions.

What finger foods are safe at 12 months?

Safe finger foods at 12 months include soft-cooked pasta, ripe banana pieces, steamed broccoli florets, shredded chicken, soft cheese cubes, scrambled egg, cooked lentils, soft-cooked carrot pieces, and quartered blueberries or grapes.

Should I switch from formula to milk at exactly 12 months?

The transition from formula to whole milk is recommended at 12 months but does not need to happen overnight. Mix formula with whole milk over 1–2 weeks to ease the taste change. If breastfeeding, continue as long as works for you and your toddler.

Is honey safe for a 12-month-old?

No. Honey remains unsafe until 12 months completed — meaning not until after the first birthday. The risk of infant botulism from honey's *Clostridium botulinum* spores remains until the digestive tract matures beyond the 12-month mark.

Sources

1. Infant Food and Feeding — American Academy of Pediatrics
2. Toddler: 12–24 Months — Centers for Disease Control and Prevention
3. Feeding Your Baby: 6–12 Months — UNICEF
4. Complementary Feeding — World Health Organization
5. Cow's Milk and Milk Alternatives — HealthyChildren.org — AAP