

Diet Diversity Plan - Generic

	7- 9 months plus						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergen	Peanut, milk (yoghurt), so	Wheat, soy, cashew	Egg	Peanut, fish and wheat	Egg	Milk (Yoghurt)	Cashew
Breakfast	2 T fortified oatmeal 1 T Homemade apple puree/mash/baked apple slices 2 tsp peanut butter	2 T whole wheat fortified cereal 2 tsp cashew butter 2 T blueberry puree or soft cut pieces	2 T Barley fortified cereal 1 T strawberry puree or soft pieces	2 T multigrain fortified cereal 2 tsp peanut butter 1T apricot puree of soft pieces	2 T brown rice fortified cereal 2 T banana puree or soft slices	2 T quinoa infant cereal 1 T prune puree	2 T Amaranth fortified cereal 2 tsp cashew nut butter 1 T melon
Lunch	2 T sweet potato puree/mashed/softly cooked slices 2 T pureed/soft cooked beef	2 T spinach puree/mashed 1 T squash 1 T Pureed/softly cooked chicken	1 T broccoli puree 1-2 T well cooked egg 1 small porridge finger	2 T cauliflower puree/softly cooked cauliflower 2 T buckwheat pasta	2 T kale puree 1-2 T well cooked egg 1-2 T quinoa	1 T lentil puree/soft cooked lentils 2 T carrots 1 Tbsp yoghurt	1 T puree/softly cooked pumpkin 2 T pork puree/soft cooked pork
Dinner	1 T Mango puree/slices 2 T yogurt 2 T fortified wheat cereal	1 T Mashed avocado/avocado spears 2 T Tofu	1 T mashed zucchini/softly cooked slices 2 T pureed/soft cooked beef 1 T soft cooked peach	2 T mashed salmon 1 T raspberry pureed/mashed/soft fruit	1 T mashed or sliced pear 2 T pureed/ soft cooked lamb 1 T green bean pureed	Softly cooked or baked polenta slice 1 T cooked tomato sauce with 1 T pureed mushrooms 1 T soft or mashed kiwi spears	1 T mashed parsnip or turnip/softly cooked slices 1T Whole wheat pasta 2T soft guava

T= Tablespoon; tsp= teaspoon

Legend: Sample diet diversity plan for an infant 7-9 months for a week, providing at least 30 plant-based foods and including 9 food allergens and protein sources from fish, poultry, beef, pork, lentils, nuts, soy. (peanut, egg, cashew, milk and wheat twice per week)

Diet Diversity Plan - Mexican Inspired

	7- 9 months plus						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergen	Peanut, milk (yoghurt), so	Wheat, soy, cashew	Egg	Peanut, and wheat	Egg	Milk (Yoghurt)	Cashew and fish
Breakfast	2 T fortified oatmeal 1 T mashed papaya or baked apple 2 tsp peanut butter	2 T whole wheat fortified cereal 2 tsp cashew butter 2 T mashed banana or blueberry	2 T barley cereal 1 T soft mashed strawberry	2 T multigrain cereal 2 tsp peanut butter 1 T mashed apricot	2 T brown rice cereal 2 T mashed plantain 1 T prune puree	2 T amaranth cereal 2 tsp cashew butter 1 T mashed melon	2 T maize cereal 2 T mashed guava 2 tsp cashew butter
Lunch	2 T mashed sweet potato 2 T soft-cooked shredded beef 2 T sautéed spinach	1 T mashed chayote 1 T shredded chicken 1 T mashed broccoli 1–2 T scrambled egg	2 T mashed cauliflower 2 T small elbow pasta 2 T mashed kale 1–2 T scrambled egg	1–2 T cooked quinoa 2 T lentils 2 T mashed carrot 1 T plain yogurt	1 T mashed pumpkin 2 T scrambled egg 1 T sautéed cactus (nopales) 1 T mashed tomato	2 T mashed pinto beans 2 T calabacitas 1 T plain whole milk yogurt 1 T cooked tomato	2 T mashed chicken 1 T cooked cactus (nopales) 1 T soft tomato salsa 1 T squash
Dinner	1 T mango mash 2 T whole milk yogurt 2 T wheat cereal	1 T mashed avocado 2 T tofu 1 T steamed zucchini	1 T mashed peach 2 T soft-cooked salmon 1 T raspberry mash	1 T mashed pear 2 T mashed lamb 1 T mashed green beans	Soft polenta slice 1 T tomato-mushroom sauce 1 T mashed kiwi	1 T mashed turnip 1 T wheat pasta 2 T mashed guava	1 T mashed jicama 2 T fish (white fish) 1 T carrot mash

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