



Healthy Foods

For Your 14-Month-Old

Whole grain recipes

Pasta, flatbreads, sandwiches, muffins, cookies, oatmeal, cereals, baguette



Fruit and vegetable recipes

Cut fruits, fruit custard, steamed vegetables, vegetable curry, soups, purees



Juices and smoothies

Melons, carrots, grapes, stewed apple, tender coconut, tomato, beet, citrus



Dairy products

Whole milk, breast milk, cream, yogurt, cheese, plant-based milk, ice creams



Egg recipes

Scrambled eggs, pancakes, vegetable and cheese omelet, deviled eggs



Plant and animal proteins

Chicken or fish recipes, lentil soup, beans & peas cutlet, bean stew, hummus



Reference

1. Nutrition Guide for Toddlers; Nemours