

How Much Food & Drink Should I Offer My Child Every Day?



Fruit



- ☺ 2 to 4 small serves
- ☺ (Fruit juice isn't needed, but should be mixed with water if it is offered)



Vegetables



- ☺ 3 to 6 serves of vegetables (raw or cooked)
- ☺ Includes fresh and frozen (tinned is too high in salt)



Cereals (Grains)



- ☺ 3 to 5 small serves of breakfast cereal, rice, pasta, noodles, bread or crackers
- ☺ Choose wholemeal if possible - it has many more vitamins and minerals, and doesn't contain bleach



Fish, eggs, meat, chicken and other proteins

- ☺ 2 small serves of fish, egg, meat, chicken or legumes such as baked beans, kidney beans, lentils, chickpeas, 3 bean mix, peanut butter, etc



Milk and other dairy foods

- ☺ Up to 500ml milk or milk alternatives like soy, rice, goats milk, etc
- ☺ Or yoghurt, cheese (children over 2 years can use low fat dairy foods)



Water



- ☺ Between 6-10 small glasses (150ml) or 1-2 litres each day
- ☺ For every kg of weight, your child needs 150ml of water - may include breast milk, formula, milk, milk alternatives and water.