

Guideline 1

Include food from all food groups but remember to choose more from the bottom of the pyramid and less from the top. It is important to remember that younger children have smaller tummies so if you find that your child is unable to finish his meal at one go, provide him with healthy snacks to help reach his suggested number of servings every day.



To get all the nutrients your child needs, select the right number of servings from each food group using Table 1 (see next page).

Table 1: Recommended number of servings for children and teenagers

Food groups	Recommended number of servings per day				
	7-12 months	1-2 years	3-6 years	7-12 years	13-18 years
Rice and Alternatives (Do include the recommended whole-grain serving as <u>part of</u> the Rice and Alternatives serving needs.)	1-2	2-3	3-4	5-6	6-7
<i>Whole-grains</i>	-	$\frac{1}{2}$	$\frac{1}{2}$ -1	1	1
Fruit (Fruit should not be used to replace vegetables in the diet or vice versa because they contain different kinds of nutrients.)	$\frac{1}{2}$	$\frac{1}{2}$ -1	1	2	2
Vegetables	$\frac{1}{2}$	$\frac{1}{2}$	1	2	2
Meat and Alternatives	$\frac{1}{2}$	$\frac{1}{2}$	1	2	2
Milk (Do include the recommended milk serving <u>in addition to</u> the Meat and Alternatives serving needs.)	750ml	750ml	500ml	250-500ml	250-500ml

Guideline 1

Know the serving sizes

The table below will help you get familiar with serving sizes for each of the food groups.

Table 2: Examples of 1 serving

Rice and Alternatives	Vegetables
<ul style="list-style-type: none">• 2 slices bread (60g)• $\frac{1}{2}$ bowl* rice (100g)• $\frac{1}{2}$ bowl noodles, spaghetti or beehoon (100g)• 4 plain biscuits (40g)• 1 thosai (60g)• 2 small chapatis (60g)• 1 large potato (180g)• $1\frac{1}{2}$ cups plain cornflakes (40g)	<ul style="list-style-type: none">• $\frac{3}{4}$ mug** cooked leafy vegetables (100g)• $\frac{3}{4}$ mug cooked non-leafy vegetables (100g)• 150g raw leafy vegetables• 100g raw non-leafy vegetables• $\frac{1}{4}$ round plate⁺
Fruit	Meat and Alternatives
<ul style="list-style-type: none">• 1 small apple, orange, pear or mango (130g)• 1 wedge pineapple, papaya or watermelon (130g)• 10 grapes or longans (50g)• 1 medium banana• $\frac{1}{4}$ cup*** dried fruit (40g)• 1 glass pure fruit juice (250ml)	<ul style="list-style-type: none">• 1 palm-sized piece fish, lean meat or skinless poultry (90g)• 2 small blocks soft beancurd (170g)• $\frac{3}{4}$ cup cooked pulses (e.g. lentils, peas, beans) (120g)

* rice bowl ** 250ml mug *** 250ml cup +10 inch plate

Fluid Needs

How much your child needs to drink can vary depending on how active he is. Most children should aim to drink 6-8 glasses of water a day while teenagers should aim for 8-10 glasses a day. If your child is very active then it is important to increase his fluid intake.