

Servings please!



Now that I'm 12–24 months old, you can offer me food from the 4 main food groups so I can obtain all the nutrients I need.

The recommended daily servings and food portions

<p>RICE AND WHOLEMEAL BREAD</p>	<p>2 – 3 servings =</p>		
<p>FRUIT (Fruit should not be used to replace vegetables in the diet or vice versa because they contain different types of nutrients.)</p>	<p>½ – 1 serving =</p>		
<p>VEGETABLES</p>	<p>½ serving =</p>		
<p>MEAT AND OTHERS</p>	<p>½ serving =</p>		
<p>MILK</p>	<p>500 – 750ml/ 2 – 3 cups</p>		

1 – 1½ small bowl* of cooked rice/ noodles/ beehoon



OR

4 – 6 slices of wholemeal bread



OR

2 – 3 pieces of thosai



½ – 1 small piece of apple/orange/ pear/mango



OR

½ – 1 banana



OR

½ – 1 wedge of papaya/ pineapple/ watermelon



½ small bowl* of cooked vegetables



½ palm size of meat



OR

1 block of bean curd



OR

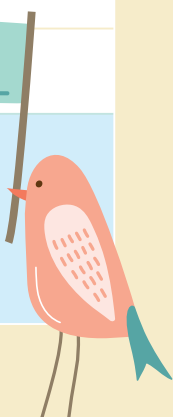
½ small bowl* of legumes



*Bowl size refers to a small rice bowl.

Recommended daily servings include all meals and snacks consumed in a day.

Please pay attention to my bowel movements, height and weight to ensure that I'm eating well.



Pan-fried salmon with broccoli and shell pasta in pumpkin sauce

Makes 1 toddler portion

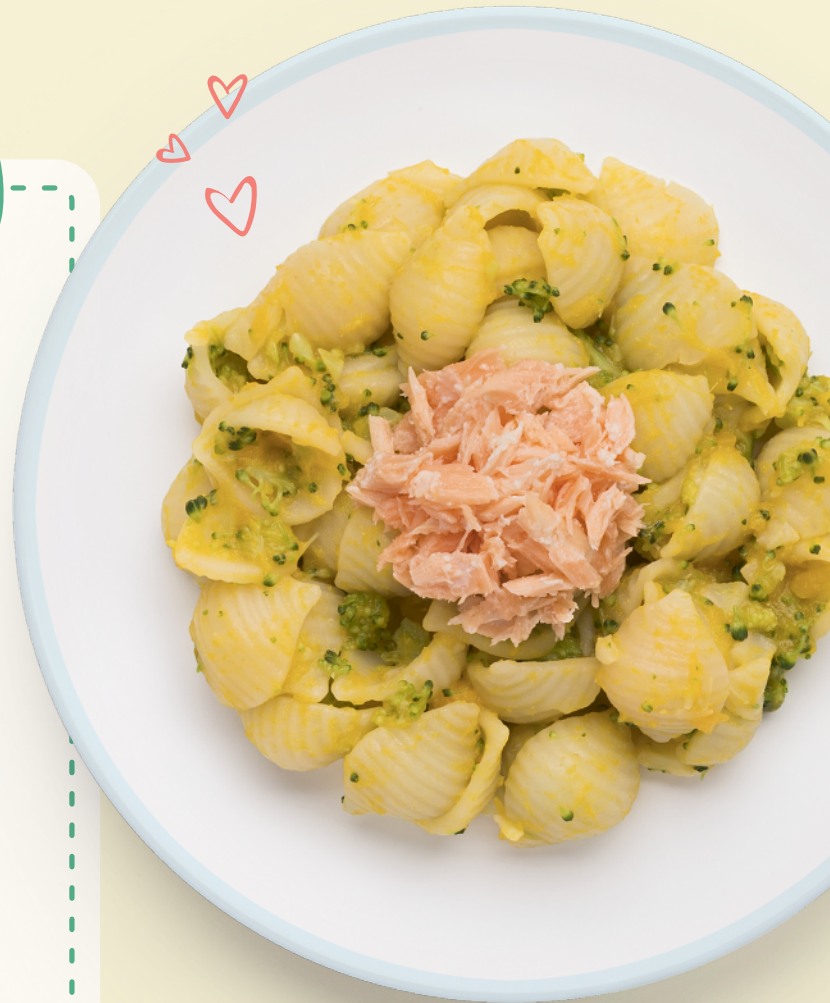
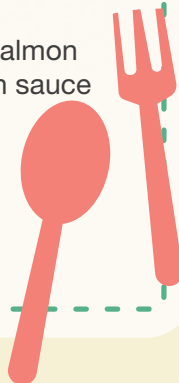
Mains

Ingredients

- ½ bowl pumpkin (skin and seeds removed, cut into pieces)
- 2 broccoli florets
- 2 slices salmon (about 2 tbsp)
- ½ bowl water, 1 tsp cornstarch
- ½ – 1 bowl cooked shell/spiral pasta

Method

- Steam pumpkin pieces and broccoli florets until soft. Chop broccoli into 1cm cubes. Mash pumpkin and set aside.
- Heat oil in a pan, pan-fry salmon until golden on both sides. Break the fish into pieces with a spoon.
- To make pumpkin sauce:
 - (a) Cook mashed pumpkin with some water.
 - (b) In a bowl, combine cornstarch with ⅔ bowl of water and mix well.
 - (c) Add corn starch mixture to mashed pumpkin to create a thick sauce. Cook until thickened and set aside. Keep stirring so that the sauce does not clump together.
- Put cooked pasta in a bowl. Add salmon pieces and broccoli, pour pumpkin sauce and serve.
- You may also add a few drops of lemon juice to reduce the fishy taste.



Healthy eating tips:

You can increase my vegetable intake with sauce or soup with mashed vegetables. Instead of pumpkin, you can also use avocado, spinach, tomato or green peas to make the pasta sauce.

Cooking tips:

Instead of pan-frying, you can either steam or bake the fish. You can also use other fish such as sole fillet, threadfin or cod.

Vegetable chicken soup

served with bee hoon/noodles

Makes 1 toddler portion



Mains

Ingredients

- 1 block tofu, cut into small squares
- 25g of spinach/chye sim, chopped
- ¼ small carrot, cubed
- 1 tbsp corn
- 2 tbsp steamed chicken, shredded
- 1 bowl rice noodles or bee hoon (cooked and cut into 2 – 5cm pieces)
- Water

Method

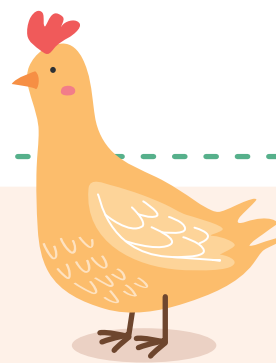
- Remove spinach roots. Rinse and soak in water for 1 hour, then blanch spinach/chye sim for 1 minute. Drain and set aside.
- Add carrots, corn, tofu and the shredded chicken into boiling water. Let it boil for approximately 5-10 minutes before adding in the chopped spinach/chye sim.
- Let the soup simmer until all ingredients are cooked.
- Mix cooked rice noodles or bee hoon with the soup and bring it to a boil before serving.

Healthy eating tips:

Fresh or pre-packed tofu and dark green leafy vegetables are rich in calcium which is great for my healthy bone growth and development.

Cooking tips:

Instead of spinach, you can use other calcium-rich dark green leafy vegetables such as bok choy, chye sim, kale and mustard green. Replace chicken with tofu if you are making a vegetarian dish.



Shrimp, carrot and broccoli 'Risotto'

Makes 1 toddler portion



Mains

Ingredients

- 3 fresh or frozen shrimp
- 2 broccoli florets
- ½ of a small carrot
- ½ bowl soft rice
- ½ tsp minced ginger and garlic

Method

- Remove the intestines from the shrimp. Rinse and pat dry.
- Cut the shrimp and broccoli into small pieces. Blanch the broccoli for 1 minute.

- Shred the carrot and set aside.
- Heat a little oil in a pan. Lightly stir fry garlic and ginger. Stir in the carrot and shrimp and then the broccoli and stir-fry until cooked. Set aside.
- In a pan, bring cooked rice and 2 – 3 tablespoons of water to a boil. Stir in the broccoli, carrot and shrimp pieces. Cook until rice becomes soft and creamy.

Healthy eating tips:

To increase my vegetable intake, you can serve this risotto with other vegetables, such as pumpkin, spinach, tomato or green peas.



Mixed beans and vegetable stew

served with bread or rice

Makes 8 toddler portions



Mains

Ingredients

- 1 tbsp cooking oil*
- ½ small onion, peeled and diced
- ½ tsp minced garlic
- ½ large potato, washed and cubed
- 1½ carrots, peeled and sliced
- ½ large can (200g) chopped tomatoes
- 100g frozen peas
- 175ml water
- ½ large can (200g) reduced salt, reduced-sugar mixed beans - chick peas, kidney beans
- 100g minced meat (chicken/pork/beef/lamb)

Method

- Heat a little oil in a large pan and lightly stir-fry the onion and garlic until they start to soften.
- Add all the other ingredients to the pan and stir well.
- Bring to a boil and simmer gently for about 15 minutes until the vegetables are cooked.
- Serve with ½ bowl of rice or 2 pieces of toasted bread, as desired.

*Choose cooking oils with the Healthier Choice Symbol.

This recipe can be made in bulk which saves time! Let it cool completely before storing it in an airtight container in the fridge for up to 3 days. Remember to reheat before eating.



Healthy eating tips:

Stews can be a good way to get me to eat more vegetables and get enough fibre. If I'm on a vegan/vegetarian diet, alternatives such as beans are a good way to ensure that I have enough protein.

Green mac & cheese

Makes 12 toddler portions

Mains

Ingredients

- 500g macaroni
- 1 head broccoli, cut into florets
- 200g low-fat soft cheese
- 200ml semi-skimmed milk

Method

- Cook the macaroni in boiling water for about 15 minutes until soft. After the first 10 minutes, place the broccoli in the same pan as the macaroni or separately steam the broccoli.
- Drain the macaroni and broccoli and then stir in the low-fat soft cheese and milk.
- Heat through if necessary before serving.



Healthy eating tips:

Mixing vegetables with foods that I'm familiar with (e.g. pasta) can encourage me to eat more vegetables.

Cooking tips:

You can use other green vegetables such as spinach, green peas or chopped green beans instead of broccoli. If desired, you can briefly bake the mac and cheese to get a crispy crust which I may enjoy.



Corn cups

Makes 4 cups

Snacks

Ingredients

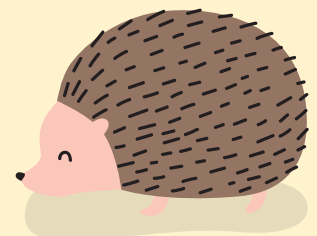
- $\frac{3}{4}$ cup flour (extra fine/soft), sieved
- $\frac{1}{4}$ cup of oats
- 1 tsp baking powder
- 2 large eggs
- 4 tbsp milk
- 4 tsp sugar
- $\frac{1}{2}$ cup of corn kernels

Method

- Mix eggs, sugar and milk until light and fluffy.
- Add sieved flour, oats (set a handful aside) and baking powder into the mixture.
- Mix the corn into smooth batter and sprinkle the remaining oats on top.
- Steam over low heat for about 8 to 10 minutes.



This recipe can be made in bulk, which saves time! Let it cool completely before storing it in an airtight container in the fridge for up to 3 days. Remember to reheat before eating it.



Banana pancakes

Makes 4 servings



Snacks

Ingredients

- 4 bananas
- 500ml plain full cream milk or soy milk.
- 250g whole-wheat flour/wholemeal flour
- 1 tsp baking powder
- 100g sugar
- 3 eggs
- 2 tbsp margarine*

Optional:

2 bananas, sliced

Method

- Mash bananas with a fork until it becomes a soft puree and set aside.
- Mix flour, baking powder, sugar, soy milk or low-fat milk and eggs evenly. Add banana puree to the mixture.
- Heat margarine in a frying pan. Pour in batter and pan-fry until both sides are golden brown.

Optional:

Lay sliced bananas on pancakes, fold into half, and serve immediately.

**Choose a margarine with the Healthier Choice Symbol.*



This recipe can be made in bulk which saves time! Let it cool completely before storing it in an airtight container in the fridge for up to 3 days. Remember to reheat before eating.

Strawberry kiwi Vietnamese rolls with mango yoghurt dip

Makes about 12 rolls

Snacks

Ingredients

- 12 rice paper wrappers
- 1½ cups finely chopped strawberries
- 1 mango, ½ diced and ½ mashed to form a puree
- 1 kiwi (green or yellow), finely chopped
- Warm water
- 2 – 3 tbsp of plain yoghurt

Method

- Fill a large bowl with warm water. Dip one wrapper into the warm water for 1 second to soften. Lay wrapper flat.
- In a row across the centre, spread some mango puree as a sauce. Add 1 teaspoon each of finely chopped fruits (kiwi, strawberry, mango), leaving about 2 inches uncovered on each side.
- Fold uncovered sides inward, then tightly roll the wrapper.
- Mix plain yoghurt and the remaining mango puree to make the yoghurt dip.
- Best served slightly chilled.



Yoghurt parfait or home-made fruit yoghurt

Makes 4 toddler portions

Snacks

Ingredients

- 1 small tub plain yoghurt
- 1 cup chopped strawberries or whole blueberries (need to cut into pieces)
- 4 tbsp of plain corn flakes, lightly crushed

Method

- In a small glass or bowl, slowly layer with plain yoghurt, chopped fruits and cereal as shown in the picture.
- If desired, flavoured yoghurt can be made by mixing plain yoghurt and fruit of choice that has been mashed. For example, you can add mashed bananas.



Healthy eating tips:

You can make your own fruit yoghurts using plain yoghurt and the fruit of your choice. This is healthier than buying flavoured yoghurts from the supermarket which can be very high in sugar.



Rice pudding apples & raisins

Makes 12 portions

Snacks

Ingredients

- 85g pudding rice or oats
- 850ml plain full cream milk
- 1 apple (red or green), cubed
- 35g raisins

Method

- Place the rice and milk in a saucepan and heat gently, stirring all the time, until the mixture just comes to a boil.
- Turn the heat down, stirring regularly. Allow to simmer gently for around 20 minutes so the rice absorbs the milk.
- Stir in the cubed apples and raisins, allowing them to warm up. If preferred, apples can be cooked until slightly soft.

Healthy eating tips:

Milky puddings can be a good way to get me to eat more fruits or as a way to introduce me to drinking plain full cream milk.

Cooking tips:

You can make milky puddings with other cereals, such as sago, tapioca or oats. You can also add other fresh or dried fruits as desired.

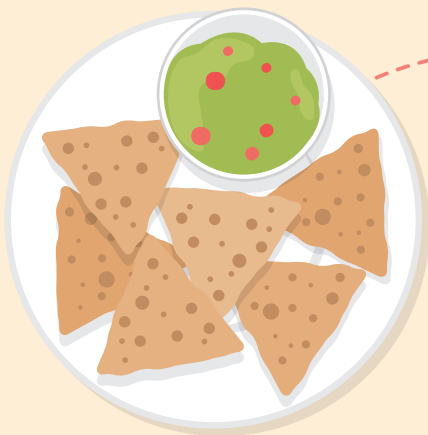


Healthier snacks that pack a punch



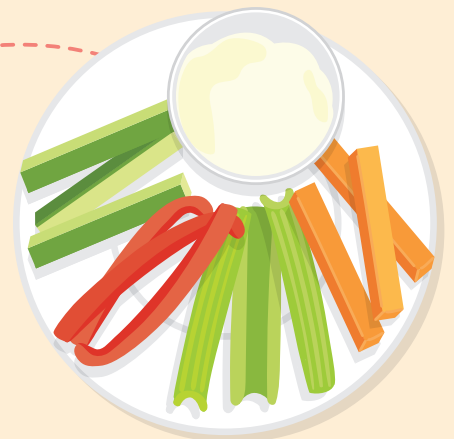
Sometimes I don't eat very much. So, it's important that every bite I take is full of nutrients that I need for my growth and development.

If I get hungry between meals, you should opt for healthier and more nutritious snacks with vitamins and minerals such as wholemeal bread, biscuits, yoghurt, or fruit and veggies. To make things easier, look out for food items with the Healthier Choice Symbol and avoid sugary treats which have little nutritional value. Here are some tasty snack ideas that I would love to try!



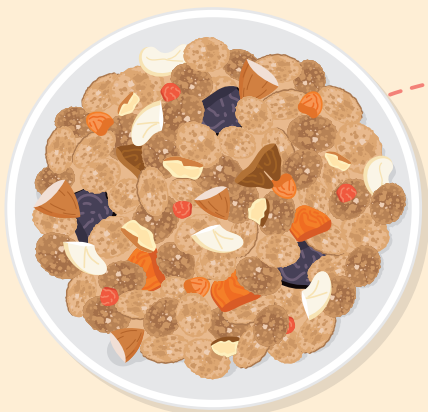
Easy guacamole

Mash a ripe avocado and add a squeeze of lemon juice, a pinch of salt and some chopped ripe tomatoes to make a mild, nutritious guacamole that I'll love. Serve with plain tortilla chips or wholegrain crackers for a satisfying crunch!



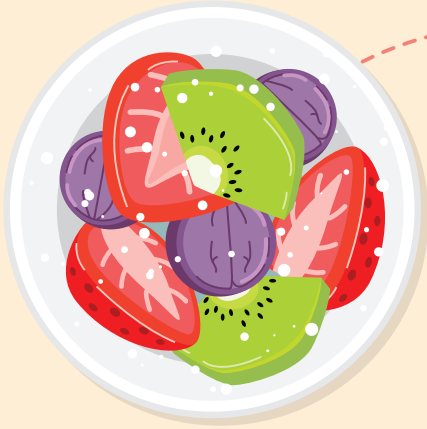
Sticks & dip

Cut cucumber, celery, carrots or capsicums into sticks and serve with a small side of low-fat dressing. This crunchy snack is easy to make in advance — just prep the veggies and store them in an airtight container in the fridge the night before.



Tasty trail mix

Mix one cup of wholegrain cereal with $\frac{1}{4}$ cup of chopped nuts (almonds, walnuts, cashews) and $\frac{1}{4}$ cup of chopped dried fruit (apricots, prunes, raisins and cranberries) for a healthy snack that you can take with you. It's perfect for picnics too!

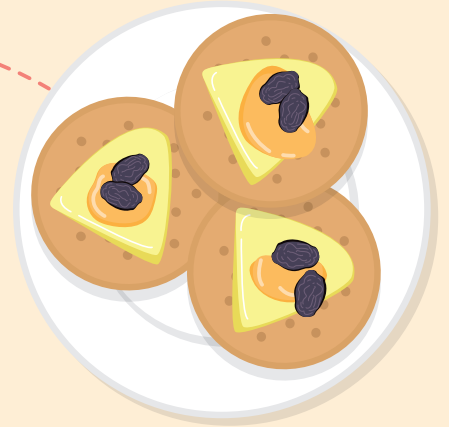


Fun frozen fruits

Freeze cut fruits such as seedless grapes, kiwifruit or strawberries for an icy-cool treat! It's lower in sugar and higher in vitamins, compared to treats like popsicles, which often contain empty calories with no nutrients. This snack is a yummy way to cool me down on hot days, and up my daily dose of fruity goodness!

Wholesome wholegrains

Another yummy treat is simply having wholegrain crackers and cheese. Mix it up by adding a small smear of peanut butter and a sprinkle of raisins for a sweet and savoury combo!



Cream cheese & apple toast

Makes 2 servings

Here's a healthy snack that's the perfect mix of textures and tastes!

Ingredients

- 2 slices wholemeal bread
- 2 tablespoons cream cheese
- ¼ medium apple, diced

Method

Lightly toast bread and spread a layer of cream cheese onto it. Top with diced apples and cut into bite-sized pieces.

Cooking tips:

To create your own flavoured spreads, try mixing pureed fruits like strawberries or mangoes with cream cheese.



On the menu today

Sample daily meal plan for toddlers

12 – 24 months

Let's get started with some sample daily menus to give you an idea of the types of food you can prepare! These plans serve as a guide only, so do feed me according to my appetite as I can decide whether I want to eat and how much to eat.

Rise & shine



Early morning

150ml breast/
plain full
cream milk



Play time



Breakfast

- 3 – 4 tablespoons* of oat cereal with 60ml breast/plain full cream milk
- OR
- 1 – 2 plain wholemeal biscuits
- 180ml breast/plain full cream milk



Bath

After an outdoor activity



Afternoon

150ml breast/
plain full
cream milk

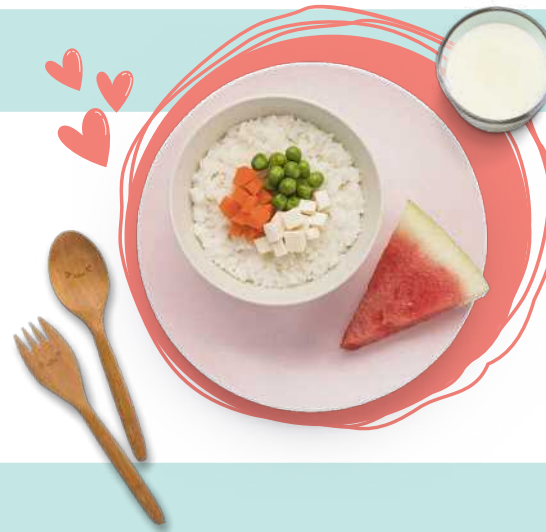


Afternoon nap



Lunch

- ½ small block of tofu (43g)
- 60g peas
- ⅓ stewed medium carrot (25g)
- 25 – 50g cooked rice
- ¼ – ½ wedge of watermelon



Exercise time



Dinner

- ½ bowl** fish soup noodles (100g)
- 1 small piece of fish (23g)
- 25g cooked spinach
- ¼ – ½ orange



Listen to a story



Brush teeth



Total servings

Rice and wholemeal bread	Fruit	Vegetables	Meat and others	Milk
2 – 3	½ – 1	½	½	500 – 750ml

*1 tablespoon = 15g
**Rice bowl