

HOW MUCH FOOD SHOULD I BE SERVING IN A MEAL?

See below serving sizes to know the amount to serve to meet the Healthy Meals in Pre-schools Programme (HMPP) guidelines.

WHOLEGRAIN

SERVING SIZE:

18 MONTHS – 2 YEARS OLD

½ Serve
or more

3-6 YEARS OLD

1 Serve
or more

EXAMPLES OF 1 SERVE:



100g of Cooked Mixed Rice/Pasta (20% or more wholegrain in total)



2 slices of Wholegrain Bread



100g Cooked Wholegrain Bee Hoon

*Size of bowl used is 11cm (diameter) x 4cm (height).

FRUIT

SERVING SIZE:

18 MONTHS – 2 YEARS OLD

¼ Serve
or more

3-6 YEARS OLD

½ Serve
or more

EXAMPLES OF ½ SERVE:



Half a Medium Apple (65g)



1 Wedge of Watermelon (65g)



1 Wedge of Papaya (65g)

*Fruits can be served at any time in the school.

VEGETABLES

SERVING SIZE:

18 MONTHS – 2 YEARS OLD

1 Heaped Tablespoon
or more



3-6 YEARS OLD

1½ Heaped Tablespoon
or more



EXAMPLES OF VEGETABLES:



Leafy Vegetables
(E.g. Spinach, Cai Xin, etc)



Non-leafy Vegetables
(E.g. Carrot, Broccoli, etc)

Starchy vegetables are not considered as vegetable.

PROTEIN

SERVING SIZE:

18 MONTHS – 2 YEARS OLD

1 Heaped Tablespoon
or more



3-6 YEARS OLD

1½ Heaped Tablespoon
or more



EXAMPLES OF PROTEINS:



Lean Meat
(e.g. Skinless Chicken or Fish)



Egg



**Tofu/
Tau Kwa**



— Approx 20.3cm (8") —



— Approx 18.5cm —

Dessertspoon*



— Approx 21.5cm —

Tablespoon



— Approx 14cm —

Teaspoon

*1 Tablespoon holds approximately 30g of cooked protein or vegetables.