

Your guide to

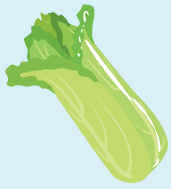


Early Childhood Nutrition

12-24

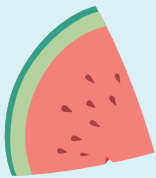
months old





I'm 12 months old!

What should you be feeding me?



Dear Mama and Papa, at 12 months old, my digestive system is ready to accept small portions of food similar to what you eat. Do remember to keep my meals balanced across all 4 food groups (rice and wholemeal bread, vegetables, fruits, meat and others) and prepare them with minimal salt, sugar or seasoning. Also, please include enough fibre (from fruits, vegetables and whole grains) and water in my diet to prevent constipation.



I can also continue to consume breast milk as it's an essential source of nutrients through my first year and beyond. If I have been drinking formula milk, I can now switch to plain full cream milk (such as chilled pasteurised, UHT or powdered form).



To meet my increasing nutrient and caloric needs, you can complement my milk feeds with a good variety of solid foods.

While milk is still an important source of nutrition, I should be getting most of my calories from solid foods once I'm above 12 months old. I can still drink around 500ml of milk daily, spread over 3 – 4 times throughout the day.



The next stage

After I turn 24 months old, you can consider switching me to low-fat milk if I'm eating and growing well.





Why should I switch to plain full cream milk?

- Plain full cream milk is a good source of protein, calcium, vitamin D and riboflavin, which are essential for the growth and development of my muscles, bones, and nerves.
- I won't need the added nutrients from growing-up formula milk if I'm growing well and eating a well-balanced diet.
- Growing-up formula milk or fortified toddler milk may be more energy-dense than plain full cream milk, possibly displacing my appetite for other foods.

The 3 main types of full cream milk — chilled pasteurised, UHT (ultra-high temperature) and powdered plain full cream milk don't vary much in nutritional value. Powdered plain full cream milk is not to be confused with formula milk or filled milk. Filled milk, which is typically reconstituted with any fat or oil of non-milk origins (e.g. palm oil), is unsuitable for babies or infants. Avoid feeding me flavoured milk as it contains added sugar, which could lead to dental caries.



Alternatives to cow's milk

If I'm allergic to cow's milk protein, am on a vegan diet, or have a medical condition, it's best to consult with a medical professional before considering alternatives. Some options may be unsweetened or reduced sugar calcium-fortified milk alternatives such as soy, almond or rice milk. Otherwise, you can continue feeding an extensively hydrolysed stage 2 soy-based formula. Typically, soy-based milk has only about half the energy content of plain full cream milk, so my diet will need to include other energy-dense foods.

Remember! Don't substitute plain full cream milk with condensed or evaporated milk, as these are high in sugar and saturated fat.



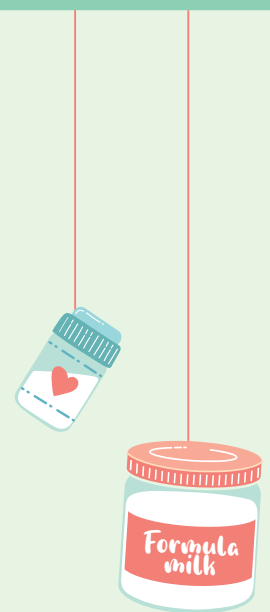
Under the Nutri-Grade grading system, plain full cream milk is graded C due to its higher saturated fat content compared to low fat milk. For 1-2 year olds, plain full cream milk still meets the dietary requirements of adequate fat, protein, vitamins and minerals which are essential for their growth and development.



What's in my milk?

PER 100ml	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Calcium (mg)
Plain Full Cream Milk (UHT)	71	3.5	4.2	2.8	5.0	130
Plain Full Cream Milk (chilled, pasteurised)	72	4.0	4.0	3.8	5.0	120
Plain Full Cream Milk Powder	75	3.5	4.1	2.5	5.9	126
Stage 3 Formula Milk	74	2.2	2.7	1.0	9.9*	98
Soy Milk (reduced sugar, hi-calcium)	38	3.0	0.8	0.2	4.7	200

*Some types of formula milk contains more added sugar than plain full cream milk and soy milk.



A plateful of Goodness



Use healthier oils when preparing my meals!



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

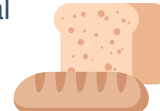
<p>RICE AND WHOLEMEAL BREAD</p>	<p>2 – 3 servings =</p>		
<p>FRUIT (Fruit should not be used to replace vegetables in the diet or vice versa because they contain different types of nutrients.)</p>	<p>½ – 1 serving =</p>		
<p>VEGETABLES</p>	<p>½ serving =</p>		
<p>MEAT AND OTHERS</p>	<p>½ serving =</p>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

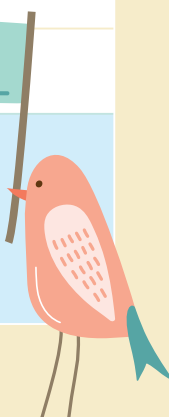
½ small bowl* of legumes



*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.



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

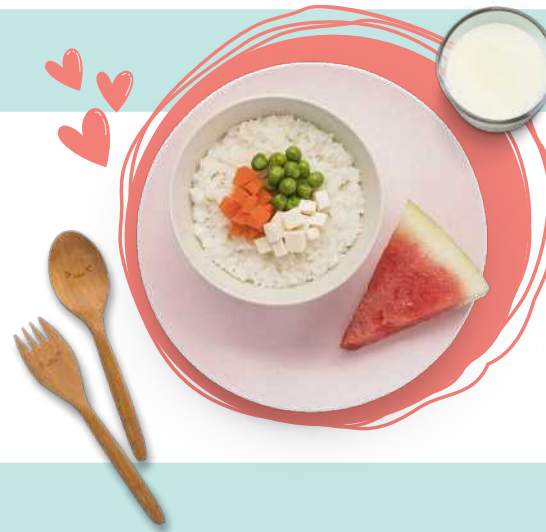


Afternoon nap



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

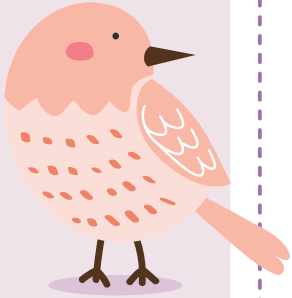


Total servings

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

*1 tablespoon = 15g
**Rice bowl

The fuss with picky-eating



Sometimes, I can be fussy with the food I eat and may refuse foods I don't like or aren't used to. But with your help, I may grow out of it and learn to eat a variety of foods.

My current eating habits can influence how I eat as an adult, so help me to overcome fussy eating by giving me a balanced and varied diet. Avoid feeding me fatty, salty and sugary foods so I'm less likely to develop unhealthy eating habits in the future.

Nope

Nope

Nope



Ways to discourage picky-eating:



BE A ROLE MODEL

Your eating habits play an important part in shaping my dietary habits. So set a good example for me!



PROVIDE SMALLER PORTIONS

Start slow and give me smaller portions, refilling my plate as I request.



BE PATIENT IF I REFUSE TO EAT CERTAIN FOODS

Try alternatives, like spinach instead of broccoli. If I'm still resistant, take a break from that food and try again after a week. It can take up to 8–10 tries before I accept new foods. So please be patient with me!



CREATE A POSITIVE AND SUPPORTIVE ENVIRONMENT DURING MEAL TIMES

I shouldn't be forced to eat, so let me explore food in my own way. Give praise by describing what I did well. Encouragement helps me recognise the right behaviour.



INVOLVE ME IN MEAL PREP

Shopping for groceries with you allows me to choose my food and participate in preparing simple snacks or meals (e.g. sandwiches). This will keep me interested in food and make me look forward to my meals!



BE CREATIVE WHEN PREPARING AND PRESENTING FOOD

One way is to include a variety of colourful food in my meal and cut food into interesting shapes such as star-shaped carrots to attract my attention.



REWARD ME WITH NON-FOOD TREATS LIKE STICKERS OR TOYS

Please don't give me rewards like desserts or processed food. You can create your own reward system that I can look forward to (e.g. giving one gold star sticker for each new food accepted). When enough stickers are collected, I can exchange them for a new book or toy.



ENCOURAGE SELF-FEEDING WITH SUPERVISION

Make sure my food is not a choking hazard and don't allow me to run around with food in my mouth.

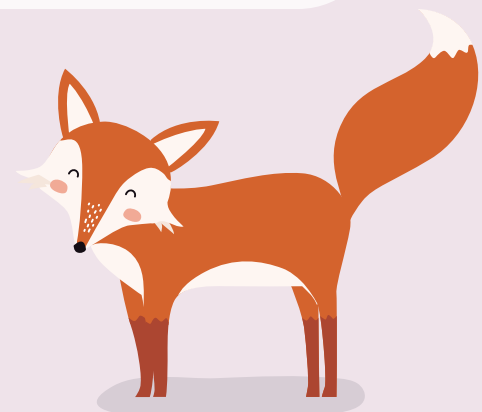


INTRODUCE DIFFERENT FOOD TYPES AND TEXTURES

Excite me with varied, interesting experiences with food, such as presenting eggs as egg custard instead of hard-boiled eggs.

BIGGER ME, SMALLER APPETITE

During this time, I've been growing rapidly, tripling my birth weight in a year. At 12 months old, my rate of growth will slow down and my appetite may decrease. This is normal, as my stomach is still small in size. Don't force me to eat more than I want. It's best to offer smaller portions of healthy food more frequently and let me choose how much I want to eat.



I'm a big kid now

When I turn 12 months old, I should be weaned from the bottle as it will become more difficult to do so as I grow older. Staying on the bottle for too long increases my risk of dental caries and may result in poor teeth development.

This is especially so when I fall asleep with the milk bottle teat in my mouth and milk residue is in prolonged contact with my teeth. It can also displace my appetite for other foods (i.e. preferring milk over solids).



Win with these weaning tips



Give me a training cup for milk, or a straw to drink with.



Replace the bottle with a training cup for 1 feeding during the day, gradually increasing the frequency. By 18 months of age, I should stop using the bottle entirely.

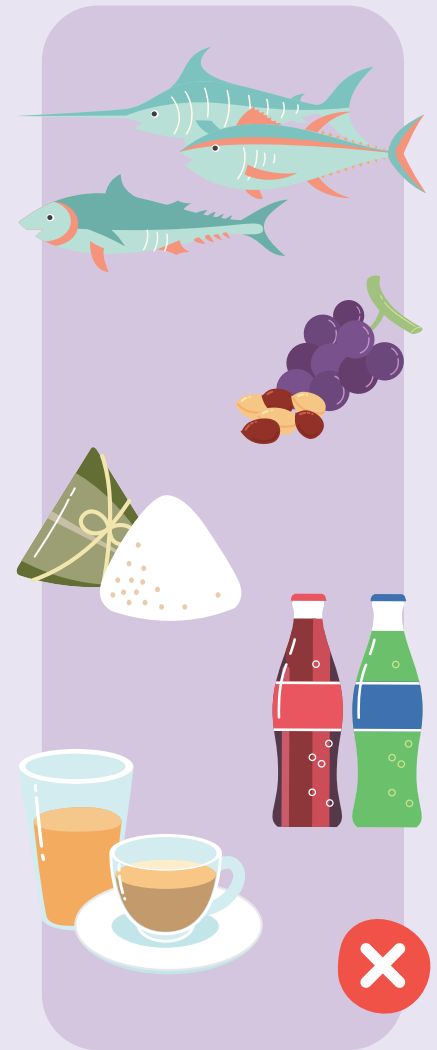


I may protest at first, but be persistent! Instead of giving in, respond by giving lots of hugs and kisses.



Foods and drinks to avoid

- **Fish with high levels of mercury** — such as shark, swordfish, marlin, tuna (includes bluefin, big eyes, albacore yellowfin varieties), king mackerel, orange roughy, yellowback seabream and dash-and-dot goatfish.
- Any **uncooked food** and **unpasteurised milk products**.
- **Food that is easy to choke on** such as:
 - Small and hard pieces of food (e.g. corn, peanuts, nuts, seeds and grapes)
 - Crunchy or hard food (e.g. uncooked vegetables)
 - Fish and meat with bones
 - Fruits with seeds
 - Sticky food (e.g. glutinous rice dumpling)
- **Commercial snacks** that are **high in sugar and high in sodium** are a big no-no!
- Salt, soy sauce, chicken seasoning powder. Limit foods that are **high in salt content** as this may increase my future risk of high blood pressure. Use ginger or spring onion as alternatives for seasoning.
- **Sugared drinks**, soft drinks and fruit juice.
- **Caffeinated drinks** such as energy drinks, coffee and tea.



HOW LONG CAN COOKED FOOD LAST IN A THERMAL FLASK?

In general, a small thermal flask cannot store food at a safe temperature (60°C or above) for a long period. To reduce the risk of bacterial growth, food stored in a thermal flask should be eaten within 2 hours after it's cooked.

Food allergy symptoms

Generally, symptoms may occur within several hours or days after eating the food. It's best to observe my reaction(s) closely, especially after introducing a new food.

Common symptoms that occur within several hours:

- Hives, worsening eczema
- Swollen eyes, tongue, face, mouth and lips
- Watery stools
- Vomiting

Relatively rare but serious symptoms include:

- Difficulty in breathing
- Fainting

Some toddlers have an allergic reaction 1 or 2 days later (e.g. eczema, wheezing, persistent vomiting, constipation, stomach pain). So do keep a lookout and send me to a paediatrician immediately if I display any of these reactions!





My eating habits



I'm not eating leafy greens.

Does it help to mix it into the food I like?

This is a great idea! You could also place the vegetables on the dining table within my reach repeatedly, and set a good example by eating similar vegetables so I'll learn to like them too.

Uh oh, I'm a picky eater!

Will I get nutrient deficiency?

Thankfully, I won't have a nutrient deficiency if I'm rejecting only a few foods. Phew! If you worry that picky eating will negatively affect my growth and development, you can monitor the types and quantity of food that I eat over a week.

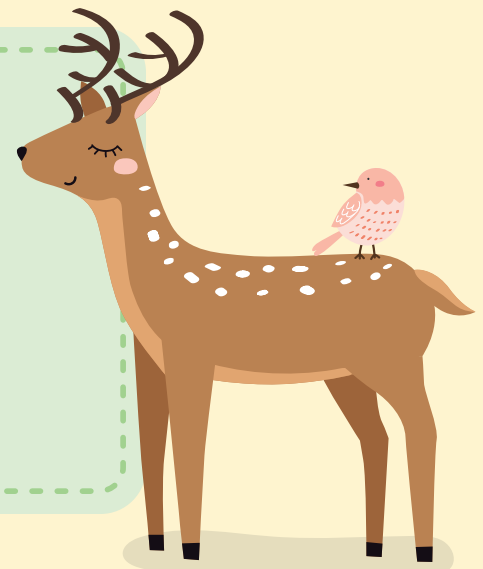
If, within a week, I consume food from all the 4 food groups — brown rice and wholemeal bread, vegetables, fruits, meat and others, this means that I generally have a nutritionally-balanced diet. Yay!

It's not necessary to over supplement my diet with milk as this may decrease my appetite for other foods. So just continue to give me food I like or am familiar with, while patiently introducing other food to me!

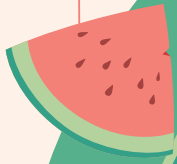
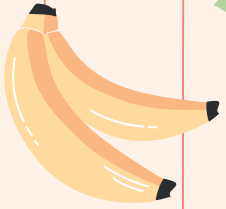
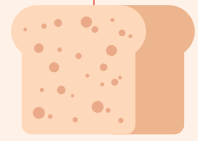


Do consult your doctor or dietician if I'm constantly refusing food from a particular food group, as my nutritional needs may be compromised.

If I'm healthy and growing well, there's no need to worry! Just keep offering a variety of healthy homemade foods and eat with me. Making mealtimes relaxing and enjoyable helps me to learn and accept more types of foods as I grow!



I'm a
big kid now



10 easy meals

for toddlers
like me!



Here are some yummy recipes
you can prepare for me.
I can't wait to try them!

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

Makes 1 toddler portion

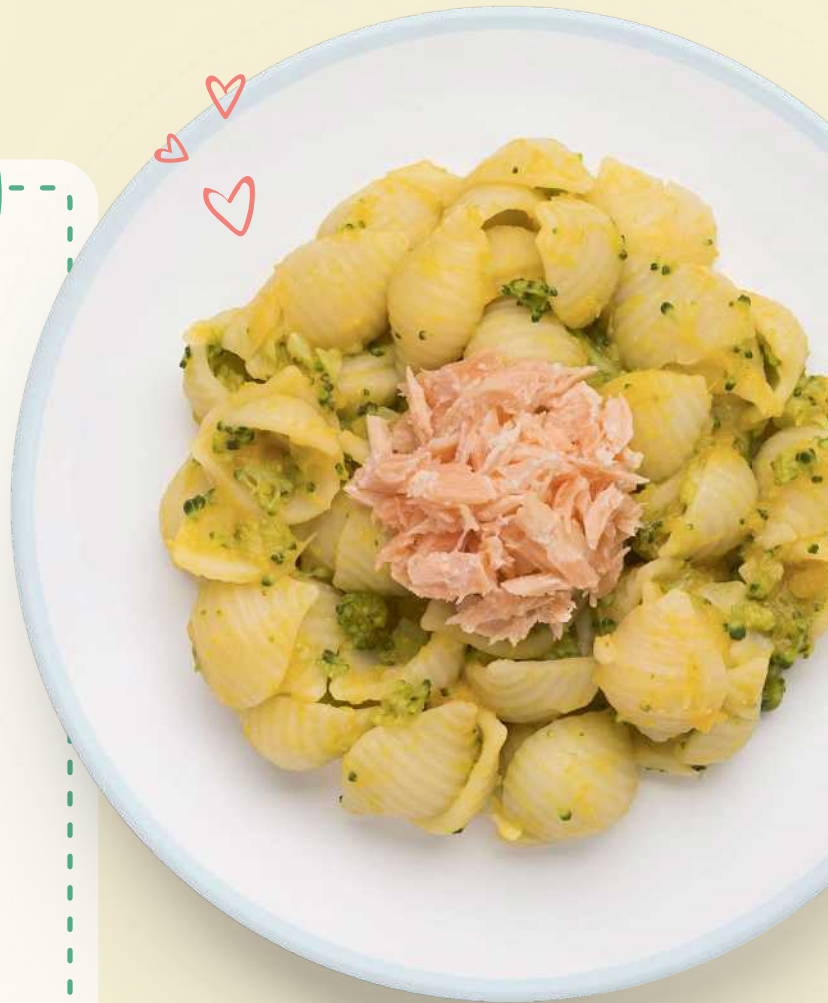
Mains

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 $\frac{2}{3}$ 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.

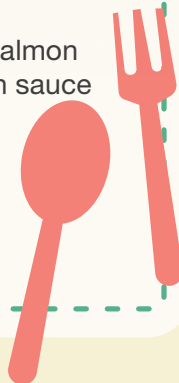


Healthy eating tips:

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

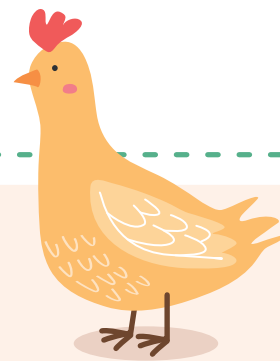
- Remove spinach roots. Rinse and soak in water for 1 hour, then blanch spinach/chye sim for 1 minute. Drain and set aside.
- Add carrots, corn, tofu and the shredded chicken into boiling water. Let it boil for approximately 5-10 minutes before adding in the chopped spinach/chye sim.
- Let the soup simmer 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

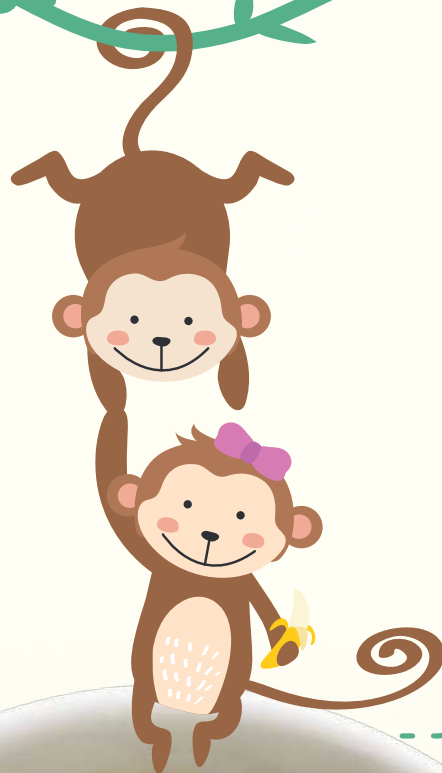
Mains

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.



Strawberry kiwi Vietnamese rolls with mango yoghurt dip

Makes about 12 rolls

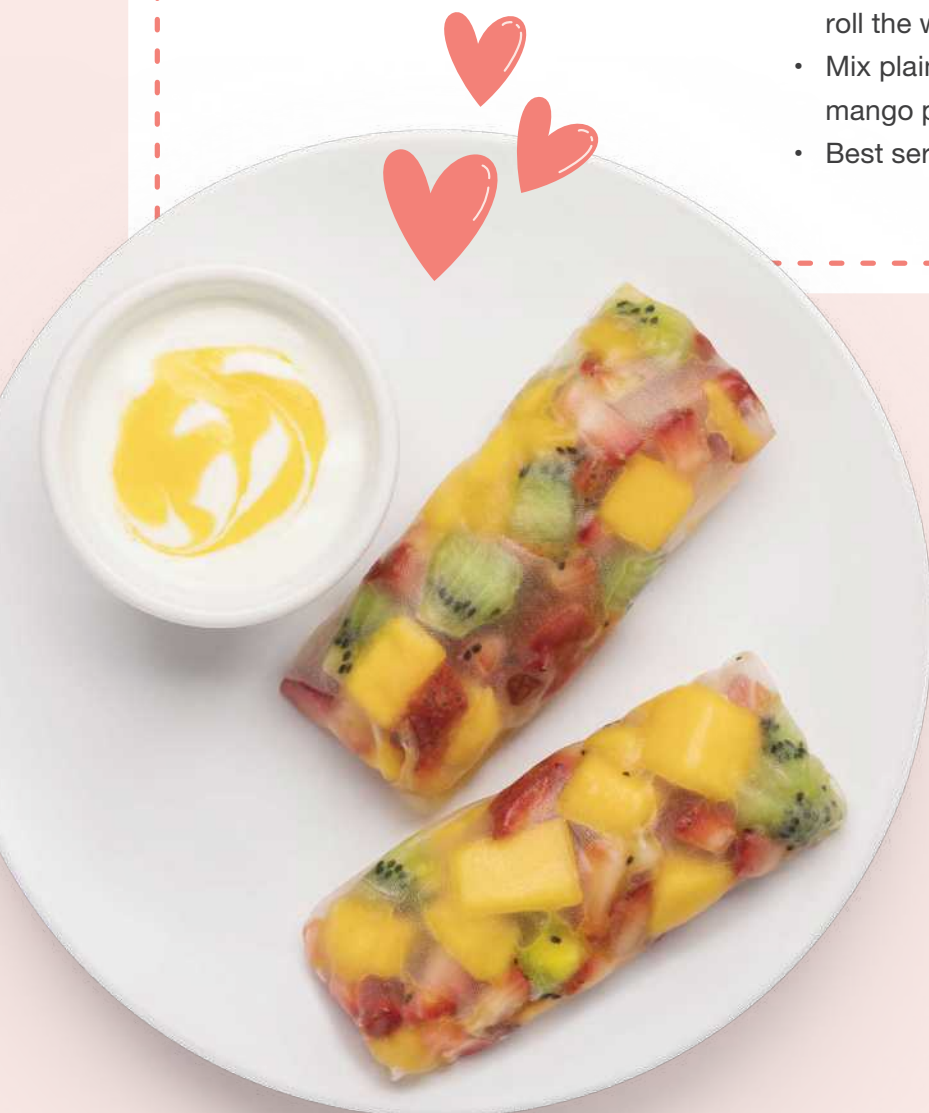
Snacks

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.

Corn cups

Makes 4 cups

Snacks

Ingredients

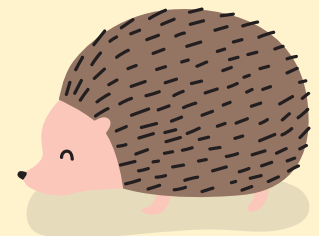
- $\frac{3}{4}$ cup flour (extra fine/soft), sieved
- $\frac{1}{4}$ cup oats
- 1 tsp baking powder
- 2 large eggs
- 4 tbsp milk
- 4 tsp sugar
- $\frac{1}{2}$ cup corn kernels

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.

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.

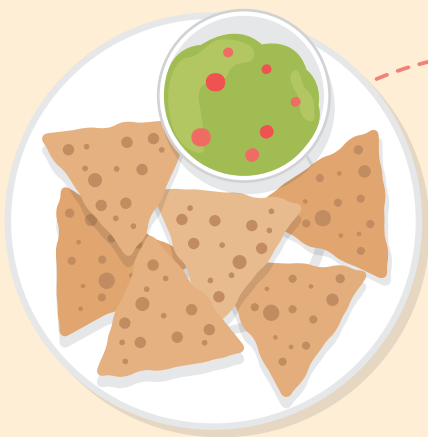


Healthier snacks that pack a punch



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!

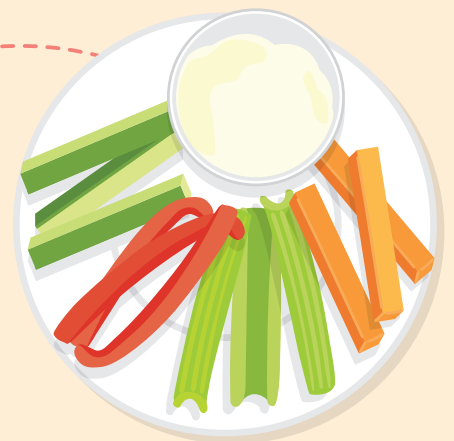


Easy guacamole

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!

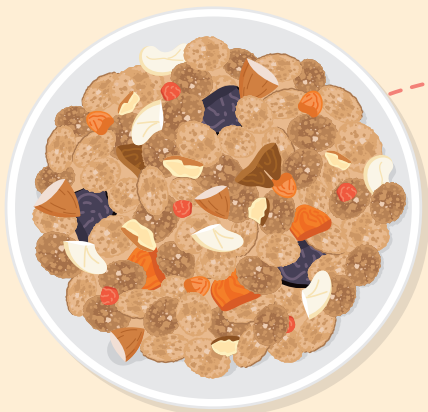
Sticks & dip

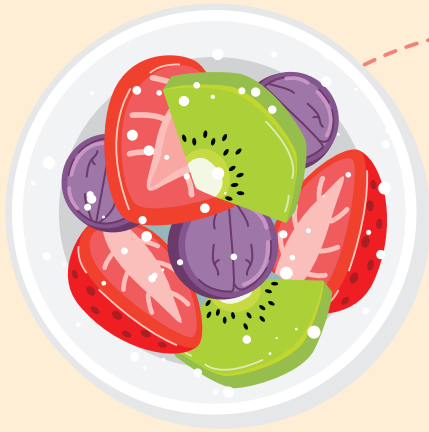
Cut cucumber, celery, carrots or capsicums into sticks and serve with a small side of low-fat dressing. This crunchy snack is easy to make in advance — just prep the veggies and store them in an airtight container in the fridge the night before.



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!



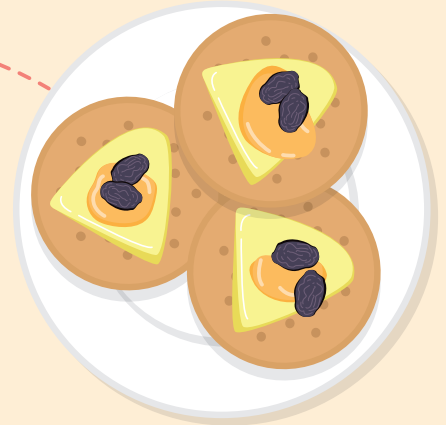


Fun frozen fruits

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.



In summary

Here are some key takeaways to help you track my nutritional progress.

#1



When I'm 12 months old, I'll be ready for plain full cream milk!

#2



I need food from the 4 food groups to ensure a well-balanced diet.

#3



Offer me the recommended number of servings so I get all the nutrients I need.

#4



Picky-eating behaviour can be minimised with a positive, fun, and engaging mealtime environment.

#5



Wean me from the bottle as soon as I turn 12 months old.

#6



Commercial snacks that are high in sugar and high in sodium are a big no-no!

Look out for food allergies and foods to avoid feeding me!



Need
more
help?



For more on breastfeeding and early childhood nutrition, visit healthhub.sg/earlynutrition

You may also reach out to any of these support groups.

Breastfeeding Mothers' Support Group (Singapore)

- 📞 Counselling hotline 6339 3558
- ✉ Email contact@breastfeeding.org.sg
- 🌐 Website breastfeeding.org.sg

Joyful Parenting and Breastfeeding

- 📞 Hotline 6488 0286
- ✉ Email joyfulparenting@gmail.com

Parentline

For parents with parenting and child care issues.

- 📞 Hotline 6289 8811

Childcare Services

- 📞 Hotline 6258 5812
- 🌐 Website ecda.gov.sg





[HEALTHHUB.SG/EARLYNUTRITION](https://healthhub.sg/earlynutrition)

