

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

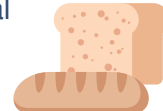
<p>BROWN RICE AND WHOLEMEAL BREAD</p>	<p>2 – 3 servings =</p>		
<p>FRUIT (Fruit should not be used to replace vegetables in the diet or vice versa because they contain different types of nutrients.)</p>	<p>½ – 1 serving =</p>		
<p>VEGETABLES</p>	<p>½ serving =</p>		
<p>MEAT AND OTHERS</p>	<p>½ serving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

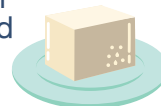


½ palm size of meat



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.

