

Serve sizes for 1 – 5 years

Food Foundations • an NAQ Nutrition program

By providing children with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, they will get enough of the nutrients essential for good health, growth and development. The amount of food children need will depend on their age, gender, height, weight and physical activity levels.

Food Group	Serve Size
Vegetables and Legumes/Beans	<ul style="list-style-type: none"> • 75g <ul style="list-style-type: none"> ○ ½ cup cooked green or orange vegetables ○ 1 cup leafy salad veg ○ ½ cup cooked dried or canned beans/lentils ○ ½ medium potato
Fruit	<ul style="list-style-type: none"> • 150g <ul style="list-style-type: none"> ○ 1 medium apple, banana, orange ○ 2 small apricots ○ 1 cup diced/canned fruit ○ 1/2 cup (125ml) fruit juice
Grain (cereal) foods	<ul style="list-style-type: none"> • 1 slice of bread • 1 medium roll • ½ cup cooked rice, pasta, noodles • 1 small English muffin • 2/3 cup wheat cereal flakes
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	<ul style="list-style-type: none"> • 65g cooked (100g raw) lean meats such as beef, lamb, veal, pork • 80g cooked (100g raw) lean poultry such as chicken or turkey • 100g cooked fish fillet • 2 large eggs • 1 cup cooked/canned legumes
Milk, yoghurt, cheese and alternatives	<ul style="list-style-type: none"> • 1 cup milk (250ml) • 2 slices (40g) cheese • ¾ cup (200g) yoghurt • ½ cup ricotta cheese

*please note this is an approximate guide only based on the Australian Dietary Guidelines and includes morning tea, lunch and afternoon tea

To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils or discretionary choices may be needed by children who are taller, more active or older in their age band.

Breakdown of requirements in age groups

Table 1: Recommended minimum serves per day for children 13 – 24 months

Food Group	Serves required per day	Serves required in care 50%
Vegetables & Legumes	2	1
Fruit	½	¼
Grain (Cereal) Foods	4	2
Lean Meat and Alternatives	1	½
Milk, yoghurt, cheese & alternatives	1	½

Table 2: Recommended minimum serves per day for children 2-3 years

Food Group	Serves required per day	Serves required in care 50%
Vegetables & Legumes	2 ½	1 ¼
Fruit	1	½
Grain (Cereal) Foods	4	2
Lean Meat and Alternatives	1	½
Milk, yoghurt, cheese & alternatives	1 ½	¾

Table 3: Recommended minimum serves per day for children 4-8 years

Food Group	Serves required per day	Serves required in care 50%
Vegetables & Legumes	4½	2 ¼
Fruit	1½	¾
Grain (Cereal) Foods	4	2
Lean Meat and Alternatives	1½	¾
Milk, yoghurt, cheese & alternatives	1 ½ - 2	1