





DAILY MEAL PLAN FOR 1 TO 4 YEAR OLD CHILDREN

Food	Serving Size	Recommended Daily Serves		
		1 - 2 years	2 - 3 years	4 years
Vegetables & Legumes	75g	2 - 3	2 ½	4 ½
Fruit	150g	½	1	1 ½
Grains & Cereals	40g bread equivalent	4	4	4
Lean Meat & alternatives	65g meat equivalent	1	1	1 ½
Dairy & alternatives	250mL milk equivalent	1 - 1 ½	1 ½	Girls: 1 ½ Boys: 2
Fluid		1.0 L	1.0 L	1.2 L

REMEMBER

-  These recommendations are your guide!
-  By 1 year, children should be having family foods
-  After 2 years, reduced fat milk can be introduced
-  Avoid high choking risk foods for children under 3



	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Water
1 - 2 year olds	 1 wheat biscuit + ½ cup full cream milk	 100g yogurt + ½ cup strawberries	 Egg & Lettuce Sandwich	 2 crispbread + ¼ avocado OR ¼ cup hummus	 40g chicken + ½ cup rice + ½ cup steamed vegetables	
2 - 3 year olds	 1 wheat biscuit + ½ cup reduced fat milk + 1 kiwi fruit OR ½ banana	 200g yogurt + ½ cup strawberries	 Egg & Lettuce Sandwich	 2 crispbread + ¼ avocado OR ¼ cup hummus	 40g chicken + ½ cup rice + ¾ cup steamed vegetables	
4 year olds	 1 wheat biscuit + ½ cup reduced fat milk + 1 banana	 200g yogurt + ½ cup strawberries	 Egg, Lettuce & Tomato Sandwich BOYS: + 1 slice cheese	 2 crispbread + 1 cup raw vegetables + ¼ avocado OR ½ cup hummus	 80g chicken + ½ cup rice + ¾ cup steamed vegetables	

ALWAYS



stay with a child during meal-times

ENCOURAGE



eating a wide variety of food from the five food groups every day

LIMIT



discretionary food choices