DAILY NUTRITION GUIDE

Feeding your child can be a daunting task, especially when you are unsure of how much food to serve. To ensure your child is getting the necessary nutrients, try using the below guide.

This guide recommends the number of times per day to offer various food groups. You don't have to serve a full portion each time; a small amount is sufficient. For example, a few peas for morning tea, some broccoli with lunch and tomato with dinner. The goal is to expose your child to a variety of foods throughout the day.

Grains

Offer 4-6 times a day



Vegetables

Offer 3-4 times a day



Dairy

Offer 2-3 times a day



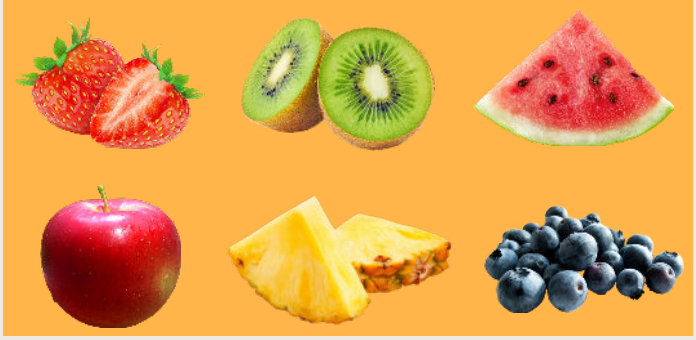
Protein

Offer 2-3 times a day



Fruit

Offer 2-3 times a day



Other

Offer 0-1 times a day



THE BITING TRUTH