
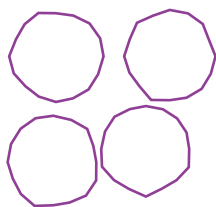
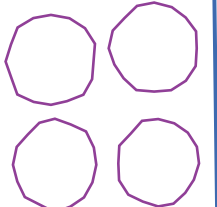
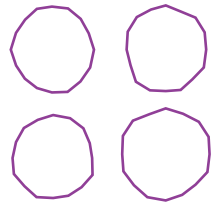
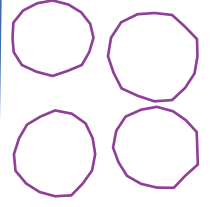
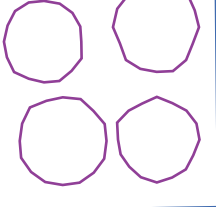
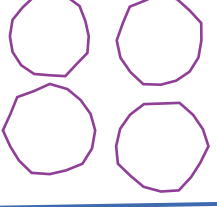
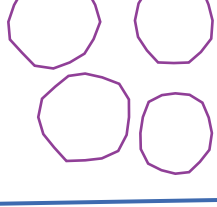

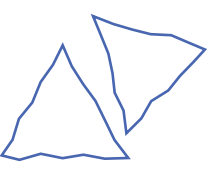
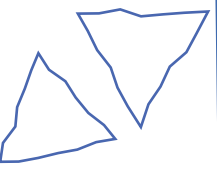
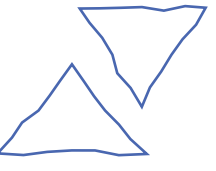
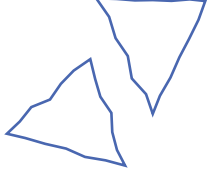
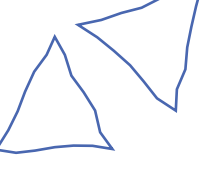

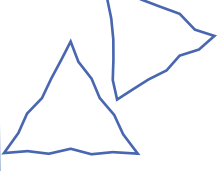





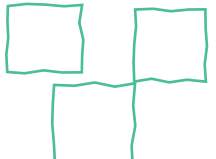

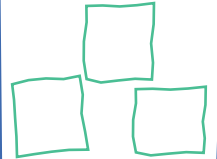




















# fun food guide for 2-5 year olds



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
serves per day							
breads & cereals 4 							
fruit 2 							
veges 2-3 							
milk 2-3 							
meat, fish, egg 1-2 							

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# fun food guide for 2-5 year olds

Here is a fun chart to use with your littlie. Help them to learn about the different food groups and how much they should eat each day. Get them to colour in the shapes, e.g. if your littlie eats one serve of fruit on Monday, colour in one circle. Don't worry if your child doesn't eat the exact number of serves each day, as long as it balances out over the week. Remember this is a guide only. If your child is active they may require more servings for energy.

## number of daily serves and examples of a serving size

### bread & cereals

4



- 1 medium slice bread or toast (wholemeal or white)
- 1 small roll
- 1 crumpet
- 1 Weetbix
- 1 cup cornflakes
- 1 cup rice bubbles
- 2 plain biscuits
- 1 pancake
- 1/2 cup cooked porridge
- 1/2 English muffin or bagel
- 1 cup cooked rice, pasta or noodles
- 2-3 crackers
- 1/2 cup porridge
- 1/2 large muffin
- 1/2 medium sticky bun
- \*3 cups popped popcorn

### fruit

2



- 1 medium apple, pear, orange
- 2 small apricots
- 2 small plums
- 2 small mandarins
- a child's handful of grapes, strawberries, raspberries, blueberries
- 1 banana
- 1/2 cup fruit salad
- 1/2 cup stewed fruit, e.g. apple
- 7 prunes
- 10 dried apricots
- 1 cup orange juice (made up of 1 part juice to 10 parts water)
- 2 tablespoons dried fruit
- \*1 small box raisins

**a fist**

For fruit - if you're unsure how much to serve, use your littlies fist as a guide.

### veges

2-3



- 1 medium potato, carrot, parsnip, kumara
- 1 cup boiled spinach or silverbeet
- 1 tomato
- 1/2 cup cooked vegetables
- 1/2 cup salad

**a fist**

For vegetables - if you're unsure how much to serve, use your littlies fist as a guide.

### milk

2-3



- 1 cup milk
- 1/4 cup custard
- 1/2 cup icecream
- 1 pottle yoghurt
- 2 slices cheese

**two thumbs**

For cheese - if you're unsure how much to serve, use your littlies two thumbs as a guide.

### meat, fish, egg, beans lentils

1-2



- 100g red meat, e.g. fillet steak
- 100g fish
- 3/4 cup baked beans
- 1 egg
- 110g cooked skinless chicken
- 2 chicken drumsticks
- 3/4 cup mince
- 3/4 cup casserole
- \*2 tablespoons peanut butter
- \*2 tablespoons sunflower seeds, sesame seeds

**a palm**

For meat, fish, chicken - if you're unsure how much to serve, use your child's palm as a guide.

\* may cause choking

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