

Family Food



Now your child is 12 months old they should enjoy eating healthy meals with the rest of the family.

They don't need special meals, just modify them slightly eg. cut meat into smaller pieces.

Your child does not grow as quickly in their second year, so their appetite may not be as big. Children also have small stomachs - about the size of their fist - so serving sizes need to be smaller. If they're still hungry they'll ask for more.

A child serve is approximately $\frac{1}{2}$ an adult serve. Strict guidelines for serving sizes start at 4 years of age.

The following is a guide for the servings your child can have throughout the day, but remember, children eat different amounts on different days depending on their activity level.

Be sure to offer a variety of food from all these food groups:

Breads, cereals, rice, pasta, noodles



3 - 5 servings

1 child serve = 1 slice of bread, $\frac{1}{2}$ bread roll, $\frac{1}{2}$ cup cereal, $\frac{1}{2}$ cup cooked rice, pasta, noodles, 2 plain large crackers or 4 small bite-size crackers. Include lots of variety e.g. wholemeal or wholegrain bread, raisin bread, noodles, pikelets, crackers.

Dairy



3 servings

1 child serve = $\frac{1}{2}$ cup or 100mls milk, 100gm tub yoghurt, 15gms cheese.

Vegetables



2 - 4 servings

1 child serve = $\frac{1}{4}$ cup of vegetables.

Encouraging a wide variety of vegetables helps develop good eating patterns. Cook hard vegetables such as carrot sticks, to decrease the risk of choking.

Fruit



1 - 2 servings

1 child serve = $\frac{1}{2}$ cup, 1 small piece or $\frac{1}{2}$ medium-size piece of fruit.

Meat and meat alternatives



1 - 2 servings

1 child serve = $\frac{1}{2}$ cup or 45gms cooked red or white meat, $\frac{1}{4}$ cup kidney beans or other legume, 50gms cooked fish, 1 egg.