

Nutrition Needs for Children NEW

Summary of the food chart for a clearer idea of nutrition for children.

Nutrition	Food Group	Recommended %
Carbohydrates	Cereals and grains, etc.	33%
Vitamins and Minerals	Various fruits and vegetables	33%
Meat Protein	Fish, meat and eggs	12%
Milk Proteins	Dairy products	15%
Fat and Sugar	Fatty foods, sugary sweets etc.	7%

Some foods examples with appropriate serving size and amount of serving per day. Parents can choose one food or two with smaller portion from each food category for their children.

Food Group	Foods Example	Serving Size	Daily Serve
Grains	Rice	1 cup	Age 2-5 years, 4 servings For school children, 5-9 servings
	Pasta	1/2 -1 cup	
	Cereal	1/2 -1 cup	
	Bread	1-2 slices	
	Rolls	1/2 -1 roll	
	Wheat Biscuit	1	
	Noodles	1/2 cup	
Vegetables	Cooked vegies	Half a cup cooked vegetables or one cup raw, leafy vegetables.	Age 2-3, 2 servings
	Cauliflower		Age 4-7, 2-4 servings
	Medium potato		Age 8-11, 3-5 servings
	Carrot (sliced)		Age 12-18, 4-9 servings
	Spinach		
	Broccoli		
	Tomato		

	Salad		
Fruits	Dates	Half a cup frozen for raw fruits, or 6 ounce fruit juice, or 1/4 cup dried fruits	Age 2-3, 2 servings
	Berries		Age 4-7, 1-2 servings
	Apricots		Age 8-11, 1-2 servings
	Grapes		
	Bananas		Age 12-18, 3-4 servings
	Peaches		
	Oranges		
	Mangoes		
	Melons		
	Pineapples		
Dairy Products	Milk	250ml	Age 2-3, 1 serving
	Yogurt	200g	Age 4-7, 2-3 serving
	Cheese	40g	Age 8-11, 2-3 2/2 servings
	Custard	250ml	Age 12-18, 3-5 servings
Lean Proteins	Chicken	1 chicken leg	
	Eggs	1 medium fillet	
	Dried beans	1	Age 8-11, 1-1 2/2 servings
	Peas	3/4 cup canned or cooked beans, lentils or peas	Age 12-18, 1-2 servings
	Lentils		
	Peanut butter	1 tablespoon	
Fats, Sweets and Oils	Low-fat mayonnaise	1 tablespoon oil or mayonnaise	1 serving
	Light salad dressing		

	Soft margarine		
	Vegetable oil (canola, safflower, olive or corn)		

Examples of meal plan with proper meal time and menu for children.

Time	Meal	Menu
7:30	Breakfast	Medium bowl of semi-skimmed milk with wholegrain cereal A glass of fresh orange juice A banana
9:30	Morning Break	A small box of raisins A bottle of unsweetened fruit smoothie
12:30	Lunch	Cheese, salad, jacket potato An apple A bottle of water
16:30	After School Snack	A glass of semi-skimmed milk A small packet of low-fat crisps
19:30	Dinner	Salad Whole wheat pasta Spaghetti Bolognese (without oil, more vegetable,) A glass of juice (with canned fruit and one scoop ice cream)
21:30	Evening Snack	A slice toast (wholemeal) with peanut butter

Amount of Fluids for Children

Water plays a vital role in almost every tissue and process in human body, involving eliminating wastes and maintaining proper body temperature. Children should drink fluids, any kind, as a daily need. The amount of fluids a child needs is based on the weather and the level of activity. Generally, the amount of fluids a child should drink is shown below:

Age	Water (serves)
4-8	1-1.2L (approx. 5 glasses)
9-13	1.4-1.6L (approx. 5 to 6 glasses)
14 and More	1.6-2L (approx. 5 to 8 glasses)