



Sample menu 12 months

Many children start to eat less when they reach toddlerhood. Children grow slower than in infancy and have less need for food. Sometimes, children are too tired to eat, dislike the food, want to feed themselves or just don't want to eat.

From the age of 1, your child can eat what you eat for breakfast, lunch and dinner. Salt can be introduced (in moderation) from 12 months. Children are also allowed honey from this age.

It is a good idea to have the main meals and snacks at fixed times and at a fixed place (e.g., at the table). Make sure that your child has a maximum of 7 eating/drinking moments per day.

What does a child (1–3 years) need per day, on average?

- 2–3 slices of bread (brown or wholegrain)
- 1.5 pieces of fruit
- 300–500 ml milk (products)
- 1–2 serving spoons of vegetables
- 1–2 serving spoons of potatoes, rice, pasta or beans
- 50–60 grams of meat and meat products, fish, chicken, egg or meat substitutes
- 10–15 grams of low-fat margarine
- Extra vitamin D up to 4 years (10 micrograms per day)
- About 750 ml liquid (including 300 ml of dairy)

Please note

- Breastfeeding can continue as long as mother and child wish
- Follow-up milk can be replaced by skimmed and semi-skimmed milk or dairy products
- Your child can now eat dinner with the family
- Variety in all foods remains important
- To prevent obesity and cavities in the teeth, it is advisable to teach your child to drink water or lukewarm tea without sugar
- Eating is a social event, so keep things friendly and relaxed at the table
- Eat with your child and set a good example
- Limit environmental stimuli while eating (e.g., turn off the television)
- The more attention you give to your child when they refuse to eat, the more fun it will be for them, as you are rewarding not eating with attention
- Do not replace a meal that your child doesn't eat with other food that your child likes better
- Offer dessert, just like the other family members, even if your child has not eaten much
- Let a child do as much as possible on their own
- Don't let the meal take too long (20–30 minutes at the table)
- Phase out drinking from a bottle and switch to an open cup
- As a parent, you decide **what** and **when** your child eats, but your child determines **how much** they eat
- See the Nutrition Centre website (www.voedingscentrum.nl) for further information

There is no single menu that all children should adhere to. Every child is different and has their own learning process, which includes food. The child healthcare centre will provide personal advice tailored to your family and your child's growth and development. If you have any questions about the food, please contact the child healthcare centre.

Visit www.voedingscentrum.nl (under 'Mijn kind en ik') for a variety of practical tips and sample nutrition plans.