

Example menu

1 to 3 years old

During toddlerhood, many children eat less than before. Children grow less quickly than when they are babies and also need less food. Sometimes children are too tired to eat, don't like the food, want to do it themselves or just don't want to eat.



From the age of 1, your child can eat with you. From this age, your child may also have honey. The kidneys of young children cannot handle much salt: children from 1 to 3 years old may have a maximum of 3 grams of salt per day. A lot of salt is already added to the things we eat. Therefore, do not add salt to your child's food.

It is good to offer meals and snacks at fixed times and in a fixed place (for example at the table). Make sure that your child has a maximum of 7 eating and/or drinking moments per day. A good rhythm for example would be: breakfast - snack - lunch - snack - dinner - drink before bed.

What does a child aged 1 to 3 years need on average per day?

- 2 to 3 slices of bread (brown or whole wheat)
- 1.5 pieces of fruit
- 300 to 500 ml of milk (products)
- 4 tablespoons of vegetables
- 4 tablespoons of potatoes, pasta, couscous or rice
- 50 to 60 grams of chicken/meat/egg or 1 to 2 tablespoons of legumes
- 1 tablespoon of margarine, low-fat margarine or oil
- Extra vitamin D (10 micrograms per day)
- About 750 ml of fluids (including milk (products))

Important information & useful tips

- As a parent, you decide what and when your child eats, your child decides how much he or she eats
- Breastfeeding can be continued as long as mother and child are happy with it
- Follow-on milk can now be replaced by skimmed/semi-skimmed milk (products)
- Wean off drinking from a bottle and switch to an open drinking cup
- Vary with different types of vegetables, meat/chicken/fish, potatoes/rice/couscous/pasta and legumes
- For a healthy weight and teeth, it is advisable to teach your child to drink water or lukewarm tea without sugar
- Eat with your child and set a good example yourself. Keep it cozy and relaxed at the table & ensure a quiet environment during the meal. Turn off the television
- Let your child do as much as possible themselves
- Don't let the meal last too long (20 to 30 minutes at the table)
- Does your child not want to eat? Don't pay too much attention to it. The more you focus on not wanting to eat, the more fun it will be for your child. You're rewarding not eating with attention
- Don't replace a poorly eaten meal with another food that your child likes better
- Always offer your child a dessert. Even if he has eaten little

There is no one nutritional menu that all children must adhere to. Every child is different and has its own learning process. On www.voedingscentrum.nl (under 'My child and I') you will find many practical tips and examples of nutritional schedules. At the CJG you will receive advice that suits your family and the growth and development of your child. If you have any questions about the example menu, please contact us.