Teach your child to eat the right amount of food

Teach your child to:

eat a balanced diet every day which includes foods from the four food groups at each meal:

**RICE & ALTERNATIVES**

- **No. of servings needed per day:**
  - 5 (6-11 years of age)
  - 6-7 (12-18 years of age)

- **Examples of 1 serving:**
  - ½ bowl/plate of rice/noodles/pasta
  - ½ bowl of cereal
  - 2 slices of bread
  - 2 small pieces of chapati
  - 1 piece of thosai
  - 4 plain biscuits

**MEAT & ALTERNATIVES**

- **No. of servings needed per day:**
  - 2 (6-11 years of age)
  - 3 (12-18 years of age)

- **Examples of 1 serving:**
  - 1 piece (palm-size) of meat/fish/poultry
  - 5 medium prawns
  - 3 eggs
  - 2 glasses of milk
  - 2 slices of cheese
  - 2 small squares of beancurd

**FRUITS**

- **No. of servings needed per day:** 2

- **Examples of 1 serving:**
  - 1 small apple/pear/orange/mango
  - 1 medium banana
  - 1 wedge of papaya/watermelon/pineapple
  - 6 rambutans/dukus/lychees
  - 10 grapes or longans

**VEGETABLES**

- **No. of servings needed per day:** 2

- **Examples of 1 serving:**
  - 1 cup of cooked leafy vegetables (e.g. spinach, cabbage)
  - ½ cup of non-leafy vegetables (e.g. carrot, pumpkin, potato)