

# HOW MUCH SHOULD MY CHILD EAT & DRINK?

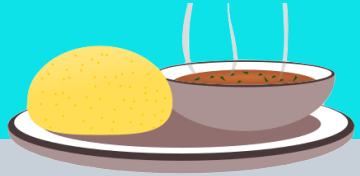
## 6-12 MONTHS



### 6-9 months min

4-8 tbsps per meal/  
4 times daily

350-500ml water daily



### 6-9 months max

12 tbsps per meal/  
4 times daily

750ml water daily



### 9-12 months min

8-12 tbsps per meal/  
4 times daily

500-750ml water daily



### 9-12 months max

1cup/16 tbsps per meal/  
4 times daily

1L water daily

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## 12-24 MONTHS



### 12-18 months min

12-16 tspns per meal/ 4 times daily

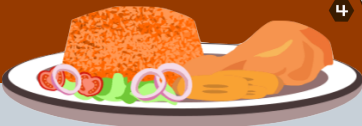
750ml-1000ml water daily



### 12-18 months max

1 1/2 cups/24 tspns per meal/ 4 times daily

1.5L water daily



### 18-24 months min

1 cup/ 16 tspns per meal/ 4 times daily

1000-1250ml water daily



### 18-24 months max

2 cups/36 tspns per meal/ 4 times daily

3.5ml water daily

# HOW MUCH SHOULD MY CHILD EAT & DRINK?

## 3-10 YEARS



**3-6 years min**

1-2 cups per meal/  
3 times daily + 1  
snack

1-2L of water daily



**3-6 years max**

3 cups per meal/  
3 times daily + 2  
snacks

4L of water daily



**6-10 years min**

2 cups per meal/  
3 times daily + 1  
snack

1-2L water daily



**6-10 years max**

4 cups per meal/  
3 times daily + 2  
snacks

4L of water daily

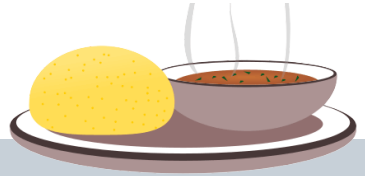
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## TIPS TO REMEMBER



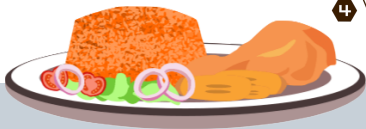
### PRIORITY ONE

These values are a **GUIDE**; if your child falls way out of these brackets check with our in-house nutritionist



### PRIORITY TWO

Listen to your child's guage. pay attention to their ques and learn their feeding language  
**DO NOT FORCE FEED**



### PRIORITY THREE

Nutrient quality of the meals over the quantity your child eats is the best guide



### PRIORITY FOUR

Smaller portions more frequently may be your child's preference;  
**EMBRACE IT**