

HOW MUCH SHOULD MY CHILD EAT OR DRINK?



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NUTRITION4KIDSG

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6-12 MONTHS



6-9 months min

4-8 tbsps per meal/
4 times daily

250-500ml water
daily



6-9 months max

12 tbsps per meal/
4 times daily

400-600ml water
daily



9-12 months min

8-12 tbsps per meal/
4 times daily

750ml water daily



9-12 months max

1cup/16 tbsps per meal/
4 times daily

1L water daily

12-24 MONTHS



12-18 months min

12-16 tbsps per meal/ 4 times daily

750ml-1000ml water daily



12-18 months max

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

1.5L water daily



18-24 months min

1 cup/ 16 tbsps per meal/ 4 times daily

1000-1250ml water daily



18-24 months max

2 cups/36 tbsps per meal/ 4 times daily

3.5ml water daily

3-13 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



6-13 years min

2 cups per meal/
3 times daily + 1
snack

1-2L water daily



6-13 years max

4 cups per meal/
3 times daily + 2
snacks

4L of water daily

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

PEDS NUTRITION CHALLENGE

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