



Guidelines for the amount of food a **1-2 year old** should eat.



Vegetables:

Keep the body healthy

Recommended serving size:
Combine various items to make 1 - 2 dishes
(approximately 60g)

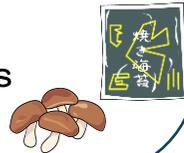
Green & yellow vegetables
+ light vegetables.



Potatoes



Seaweed
/Mushrooms



Grain:

Provide the body with energy and heat

Recommended serving size:
one of the following items.



Steamed rice
80 - 100g

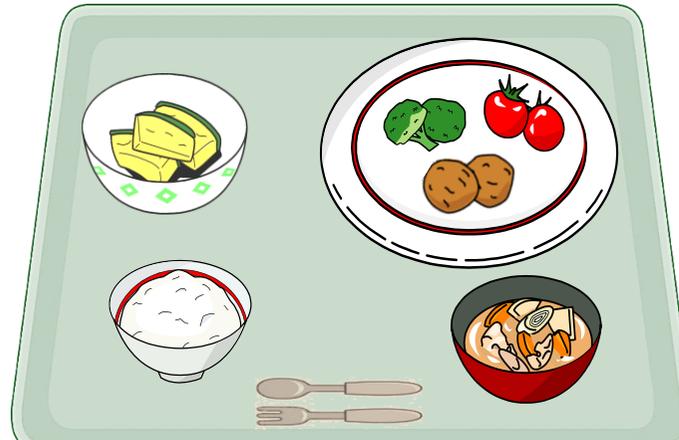
White bread
8 sliced bread



Boiled Udon/
noodle



Eat every meal,
grains,
protein-based foods,
vegetables.



1/2 to 1/3 of an adult portion

Seasoning will be light.

Snacks

Think of snacks as part of the diet, fruit/dairy products/rice ball are good.
Eat twice a day as a guide.

Protein-based foods: Helps make blood and muscle

Recommended serving size:
one of the following items.

Meat

30 - 40g



Fish 30~40g
(1/3 - 1/2 piece)



Soybean product
tofu

30 - 40g



Natto

10 - 20g
(1/4 - 1/2 P)



Egg 30g
(L size 1/2 piece)



Amount for a day

Dairy products
200 - 300mL



Fruit
100g

