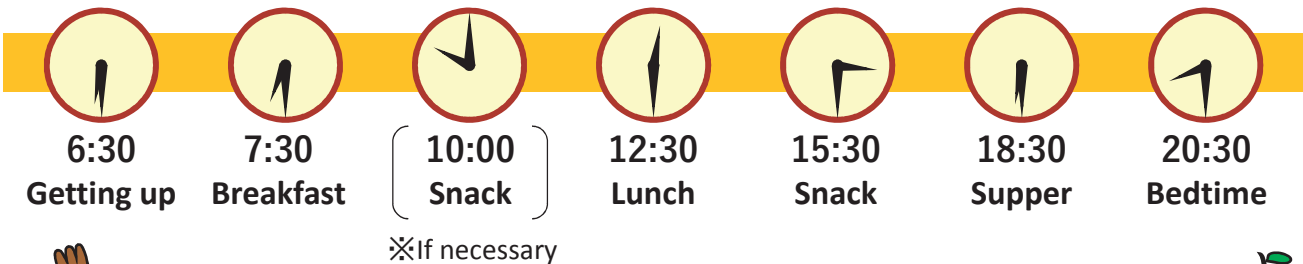


# Points for children's meals

## How to enjoy the meals?

Example of a daily rhythm when your child gets hungry




### Meal time

It's recommended to leave 2-3 hours between meals and snacks so that your child gets hungry and enjoys the meal.

If your child eats sweets or drinks juice frequently, it will not get hungry. Not only is it likely to refuse food it doesn't like or eat little during the meals, it also has an increased risk of getting cavities.



### Snacks

It's recommended to provide bread or fruit to supplement nutrients that cannot be taken in entirely with regular meals.




★Recommended number of snacks★

1 to 2 years	Twice a day
3 years	Once a day



### Recommended meal size

1 to 2 years	half of an adult's meal size
3 years	2/3 of an adult's meal size

### Infant milk, milk

Approximately after your child turns 1 year you can stop feeding infant milk and switch to usual cow milk.

★Recommended amount of milk★

1 to 2 years	300ml per day
3 years	400ml per day

Take care that your child does not drink too much milk.



## How to focus on the meal?

Put away toys. Switch off the TV.  
The meal time should be between 15 and 20 minutes.

