National University Hospital

Healthy Eating for Children

Khoo Teck Puat – National University Children's Medical Institute

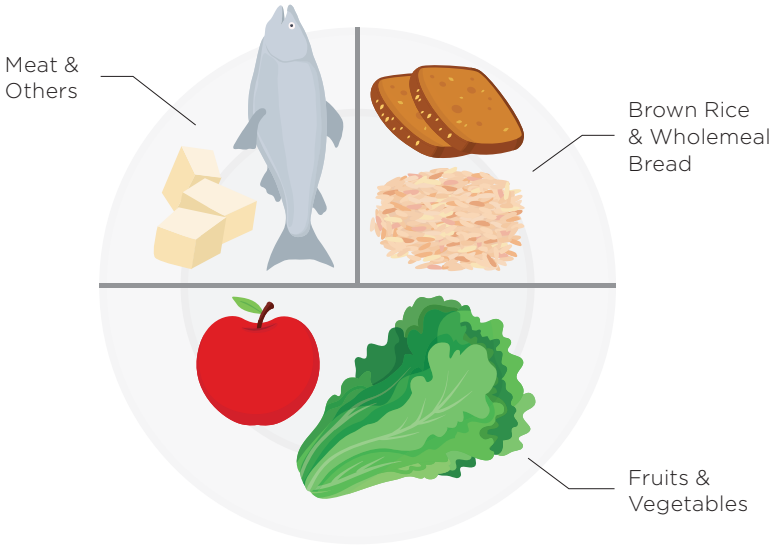
What is healthy eating?

Healthy eating means eating a variety of foods that provide nutrients essential for growth and development. What your child eats and drinks will affect not just his/her growth and development, but also his/her health in the future. It is important to start cultivating healthy eating habits in your child from young.

Your child needs a balanced and healthy diet containing foods from these groups: whole-grains, vegetables, fruit, meat and others (e.g. fish, bean curd, beans). It is also beneficial to add dairy and calcium-rich foods into his/her diet. You should offer your child appropriate portions of nutrient-dense foods to ensure good growth and support for his/her bodily functions.

What is 'My Healthy Plate'?

The Health Promotion Board (HPB) recommends using 'My Healthy Plate' as a visual guide for creating balanced and healthy meals.



Children should be offered water over other beverages most of the time. It is also recommended to prepare food using healthier oils like canola, soybean or olive oil. Children are also encouraged to be as active as possible.

How much food from each food group does my child need per day?

These are recommended daily portions for children across the various age groups. The amount of food intake may vary from child to child due to factors such as different activity levels or metabolic rates. Please speak to your paediatrician or dietitian for more specific examples of foods and portion sizes.

Food Groups	Recommended number of servings per day				
	10 – 12 months old	1 – 2 years old	3 – 6 years old	7 – 12 years old	13 – 18 years old
Brown Rice and Wholemeal Bread	1 – 2	2 – 3	3 – 4	5 – 6	6 – 7
Fruit	½	½ – 1	1	2	2
Vegetables	½	½	1	2	2
Meat and Others	2	2	2	3	3
Of which are dairy foods or calcium containing foods	1½	1½	1	1	1

For infants aged 6 to 12 months old, their dairy foods or calcium-rich foods servings should be provided in the form of 750ml breast milk or infant formula.

Recommended one serve size portion:

Brown Rice, Wholemeal Bread and Alternatives	Vegetables
• 2 slices bread (60g) • ½ bowl[1] rice (100g) • 2 bowls[1] rice porridge (500g) • ½ bowl[1] noodles, spaghetti or beehoon (100g) • 4 plain biscuits (40g) • 1 thosai (60g) • 2 chapatis (60g) • 1 large potato (180g) • 1½ cup[2] plain cornflakes (40g)	• ¾ cup[2] cooked leafy vegetables (100g) • ¾ cup[2] cooked non-leafy vegetables (100g) • 150g raw leafy vegetables • 100g raw non-leafy vegetables • ¼ round plate[3] cooked vegetables
Fruit	**Meat and Others**
• 1 small apple, orange, pear or mango (130g) • 1 wedge pineapple, papaya or watermelon (130g) • 10 grapes or longans (50g) • 1 medium banana • ¼ cup[2] dried fruit (40g)	• 1 palm-sized piece fish, lean meat or skinless poultry (90g) • 2 small blocks soft bean curd (170g) • ¾ cup[2] cooked pulses (e.g. lentils, peas, beans) (120g) • 5 medium prawns (90g) • 3 eggs (150g) **Dairy foods:** • 2 glasses of milk (500ml) • 2 slices of high calcium cheese • 350g full cream/children's yoghurt

[1] rice bowl *[2] 250ml cup* *[3] 10-inch plate* Source: Healthhub.sg

Useful links

For more information on healthy eating and nutrition for your child, visit www.healthhub.sg

The table below shows some examples of food and the portions per day for various ages:

Food Groups	1.5 year old	5 year old	9 year old	15 year old
Carbohydrates	2 slices bread + ⅓ bowl rice + ⅓ bowl noodles	2 slices bread + ½ bowl rice + ½ bowl noodles + 4 pieces plain biscuits	2–3 slices bread + ¾–1 bowl rice + ¾ bowl noodles + 4 pieces plain biscuits	3 slices bread + 1 bowl rice + 1 bowl noodles + 4 pieces plain biscuits
Fruit	½ small apple	1 medium banana	1 slice watermelon + 10 small grapes	1 wedge papaya + 1 small orange
Vegetables	⅓ cup cooked vegetables	½ cup vegetables	1 cup vegetables	1 cup vegetables
Meat and alternatives	½ palm size meat/fish OR 1 tablespoon meat/fish with 1 egg	1 palm size meat/fish OR ⅔ palm size meat/fish with 1 egg	1⅔ palm size meat/fish + 1 egg	1⅔ palm size meat/fish + 1 egg
Dairy and alternatives	500ml milk with 175g full cream yoghurt	250ml milk with 175g full cream yoghurt	250ml milk with 2 slices high calcium cheese	250ml milk with 2 slices high calcium cheese

The examples cited above are for the average child. Different children may require different portions depending on their weight/metabolic rate.

NUH Feeding and Nutrition Clinic

NUH Feeding and Nutrition Clinic is part of the Khoo Teck Puat – National University Children's Medical Institute at National University Hospital. The multidisciplinary team, consisting of paediatricians, dietitians, psychologists and speech therapists, provides a one-stop assessment clinic of your child's feeding skills and behaviours as well as feeding interactions with your family.

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/nuhkids.

Contact Us

24-hour Children's Emergency
Location: NUH Main Building, Zone F, Level 1
General Enquiry: +65 6772 2555

KTP-NUCMI
Location: NUH Main Building, Zone E, Level 2 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002
Fax: +65 6776 2102 Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre
Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6772 5030
Fax: +65 6872 4314 Email: cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang
Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899
Operating Hours: 9am – 11pm daily (including public holidays)
General Enquiry: +65 6219 1538 Email: childrenucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC
Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6665 2530/2531
Fax: +65 6665 0158 Email: cdu@nuhs.edu.sg
Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong
Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6769 4537/4637
Fax: +65 6665 0158 Email: cdu@nuhs.edu.sg
Website: www.nuh.com.sg/cdu

National University Hospital
Location: 5 Lower Kent Ridge Road, Singapore 119074
Tel: +65 6779 5555 Email: NUH_enquiries@nuhs.edu.sg
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NUH Campus Map

Information is correct at the time of printing (May 2021) and subject to revision without prior notice.