



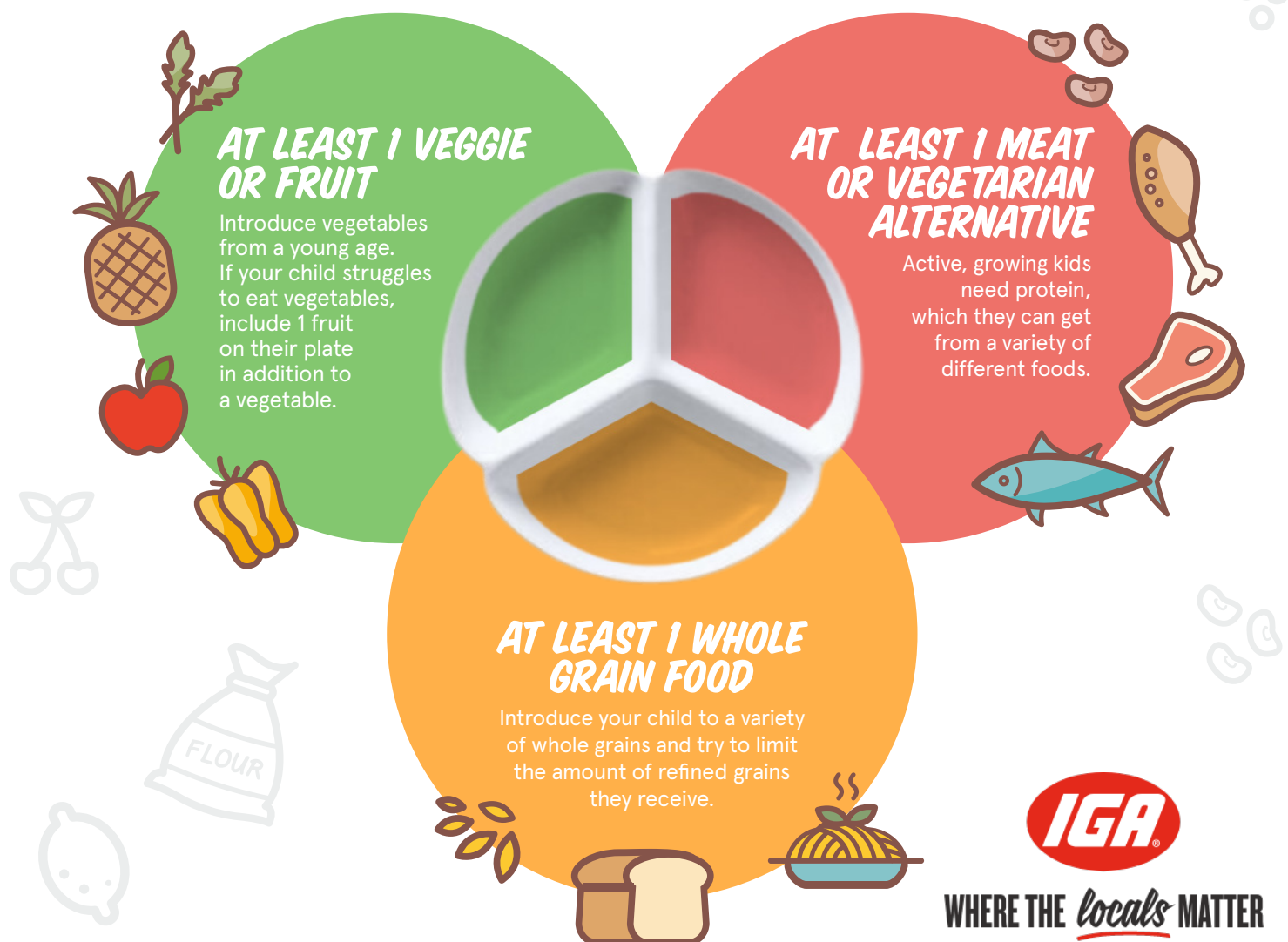
HEALTHY EATING *Plate*

The Kids' Corner Healthy Eating Plate can be used as inspiration and a visual guide to help ensure you're offering your child the right balance of foods at each meal.

Offering a variety of foods helps to keep meals interesting and full of flavour, but also means they will receive a balance of both macronutrients (carbohydrate, protein and fat) and micronutrients (vitamins and minerals).

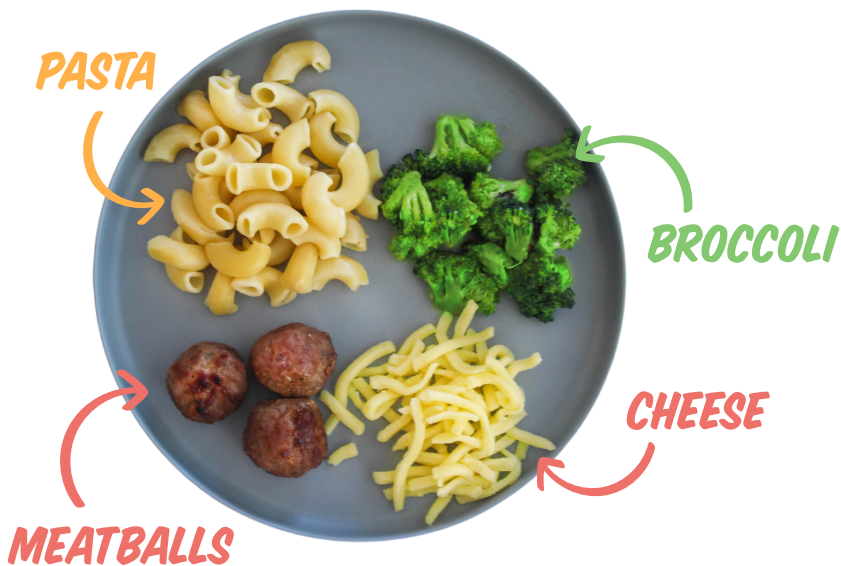
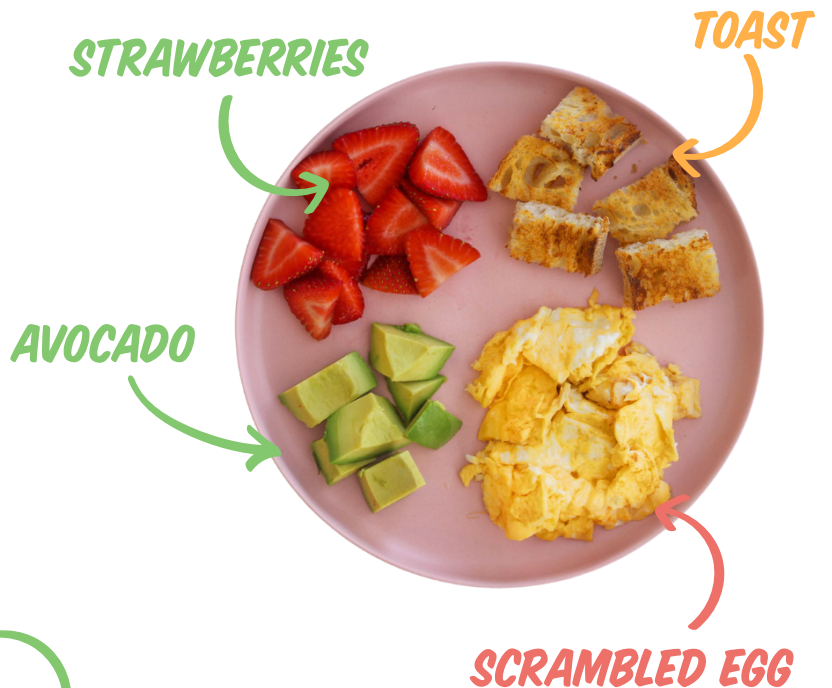
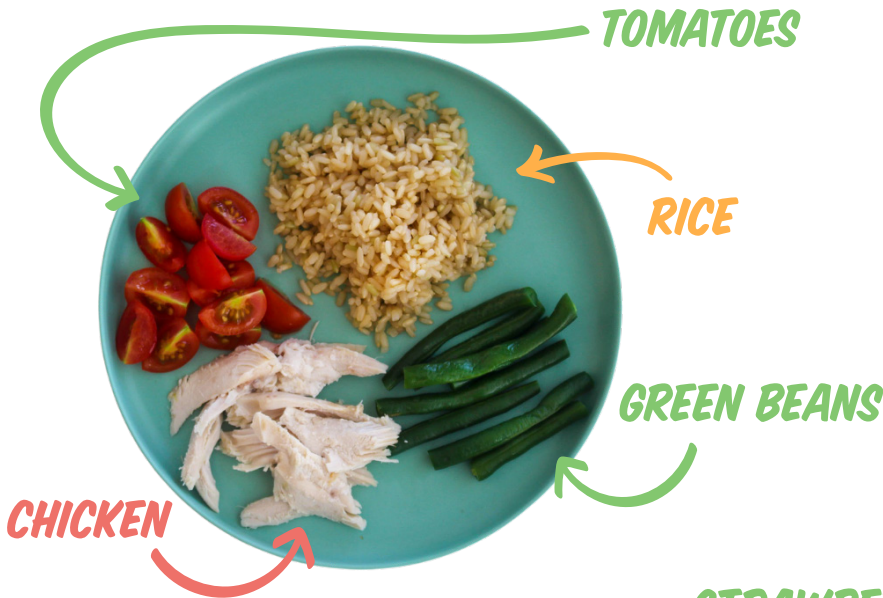
As a rule of thumb, work to 3 meals and 2-3 snacks every day. Remember to trust your child's appetite; some days they may not eat very much and other days they catch up!

When they're toddlers their tummies are still small, so offer bite-sized portions and remember that they can always ask for more if they're still hungry.



WHERE THE *locals* MATTER

EXAMPLES OF HEALTHY *Toddler Plates*



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