



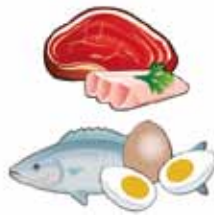




Healthy diet for toddlers (1–3 years)

						
<p>Drinks</p>	<p>Vegetables, pulses and fruit</p>	<p>Grains and potatoes</p>	<p>Milk and dairy products</p>	<p>Fish, meat, sausage and eggs</p>	<p>Fats and oils</p>	<p>Fatty, salty and sweet foods</p>
<p>daily</p>	<p>daily</p>	<p>daily</p>	<p>daily</p>	<p>weekly</p>	<p>sparingly</p>	<p>rarely</p>
<p>6–7 servings</p> <p>with all meals (breakfast, lunch and dinner as well as with both snacks) and between meals</p> <p>Preferably offer water!</p>	<p>5 servings</p> <p>with all meals (breakfast, lunch and dinner as well as with both snacks)</p> <p>Prefer regional and seasonal products!</p>	<p>5 servings</p> <p>with all meals (breakfast, lunch and dinner as well as with both snacks)</p>	<p>3 servings</p> <p>of which 2 servings should be “white” (milk, buttermilk, yoghurt, etc.) and 1 serving “yellow” (cheese)</p>	<p>Fish 1–2 servings per week</p> <p>Meat, sausage 3 servings max. per week</p> <p>Eggs 1–2 eggs per week</p>	<p>5 teaspoons per day ≈ 25 g per day</p> <p>vegetable oils (e.g. rapeseed oil, olive oil) or nuts or seeds (finely ground!)</p> <p>Use spreading, cooking and frying fat sparingly!</p>	<p>1 serving max. per day</p> <p>Rarely consume foods high in fat, sugar or salt (sweets, salty snacks, etc.) as well as high-calorie drinks (e.g. sodas)!</p>