

Preschool children are between the ages of 1-5. Children form emotional bonds between the people who feed them in this period of life. For this reason parents especially mothers play an important role in creating new nutritional habits.



**Giving good nutritional habits to the child is very important in this period of life.**

Knowing the energy and food requirements of the child and letting the child choose his/her food makes it easy for the child to eat without complaining.



Inadequate and unbalanced nutrition delays physical and mental development, learning skills of children.

Table: Recommended daily food amounts for preschool children

| Food Groups                | 1-3 Years Old | 4-6 Years Old |
|----------------------------|---------------|---------------|
| 1- Milk and Dairy products |               |               |
| Milk – Yogurt              | 500 ml        | 400 – 600 ml  |
| Cheese – Curd              | 20-30 gram    | 30-40 gram    |
| 2- Meat – Egg – Legumes    |               |               |
| Red Meat – Poultry – Fish  | 30 gram       | 30 gram       |
| Egg                        | 1             | 1             |
| Legumes                    | 2/3 portion   | 2/3 portion   |
| 3- Vegetables and Fruits   |               |               |
| Green and Yellow Ones      | ½ portion     | ½ portion     |
| Others                     | 1-2 portions  | 2-3 portions  |
| 4- Cereals                 |               |               |
| Bread                      | 50-100 gram   | 100 gram      |
| Rice – Bulgur              | 2/3 portion   | 1 portion     |

## RECOMMENDATIONS

- Since every child has different metabolic rate and anatomical characteristics, parents should **not compare** their children with the others.
- Children should not be forced to eat and conflicts should not be created. Children should be fed according to their requirements.
- Children should be **relaxed** before meals.
- Spoons and forks should be **appropriate for the child to use**.
- Parents should allow their children to **eat meals by themselves**.
- Children's **portion sizes should be small**.



## RECOMMENDATIONS

- You should form a **joyful and happy** atmosphere in the mealtime.
- Children should **not skip meals**.
- Children should consume **fresh fruits, milk, fresh fruit juices** for snacks.
- Children should not consume **bonbons, cakes, cookies, carbonated beverages** etc. for snacks.
- If a family has balanced and adequate nutritional habits there is no need **to cook a different meal for children**.
- Parents should monitor their child's growth. If children get obese they must be taken to a health institution.



## SAMPLE MENU FOR PRESCHOOL CHILDREN

**BREAKFAST:** 1 glass of milk  
1-2 slices bread  
1 egg  
1 spoon of pekmez (concentrated grape juice)  
1 tomato or orange

**LUNCH:** 1/2 portion of meat or 2/3 portion of legumes  
Rice or pasta: 1/3 portion for 1-3 year-olds; 1/2 portion for 4-6 year-olds  
Yogurt or ayran  
Salad  
1 slice of bread

**SNACK:** Fresh fruit

**DINNER:** Vegetable cooked with meat: 1/2 portion of 1-3 year-olds; 2/3 portion for 4-6 year-olds  
Rice or pasta with yogurt:  
1/3 portion for 1-3 year-olds;  
1/2 portion for 4-6 year-olds  
1 portion of fruit  
1 slice of bread

**SNACK:** 1 glass of milk



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## PRESCHOOL CHILDREN and NUTRITION

