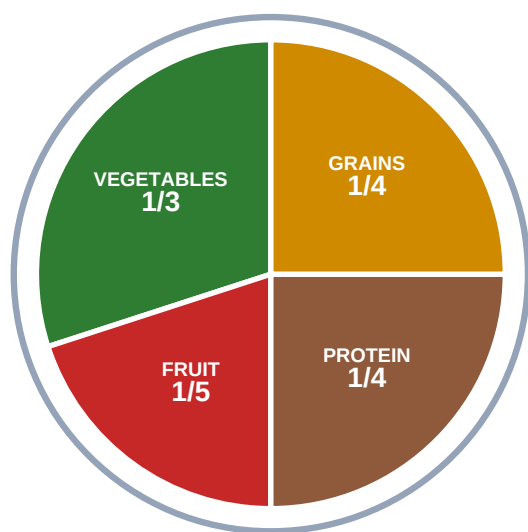


The Healthy Plate for Kids

A simple way to build a balanced meal - ages 2 to 12

PARENTING QUOTIENT

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Half the plate = vegetables + fruit

Vegetables - the biggest share

Palak, methi, lauki, bhindi, gajar, beans, tomato, cabbage, pumpkin

Fruit - fresh and seasonal

Banana, papaya, guava, orange, apple, amla, mango, watermelon

Whole grains - not refined

Jowar, bajra, ragi, whole wheat roti, oats, hand-pounded or brown rice

Protein - at every meal

Dal, rajma, chana, paneer, curd, sprouts, egg, fish, chicken

+ **HEALTHY FATS:** mustard, groundnut, sesame oil; ghee in moderation

+ **DRINK:** water, always the default

How much? Daily portions by age

Food group	2-3 years	4-6 years	7-9 years	10-12 years
Vegetables	1 katori	1.5 katori	2 katori	2.5 katori
Fruit	1 small	1 medium	1-2 medium	2 medium
Grains / millets	3-4 servings	4-5 servings	5-6 servings	6-8 servings
Dal / pulses	1/2 katori	1 katori	1-1.5 katori	1.5-2 katori
Milk & curd	400-500 ml	500 ml	500 ml	500 ml
Nuts & seeds	small handful	small handful	1 handful	1 handful

1 katori = approx. 150 ml. These are starting points, not targets - you decide what is served, your child decides how much they eat.

What a balanced day can look like

BREAKFAST	Besan chilla + curd + tomato Idli + sambar Ragi porridge + banana + nuts
MID-MORNING	A seasonal fruit and a few nuts
LUNCH	Millet or wheat roti + dal + a cooked vegetable + salad + curd
SNACK	Sprouts chaat Boiled chana Roasted makhana Fruit
DINNER	Vegetable khichdi + curd Rice + rajma + sabzi

Five rules that matter more than the plate

- You decide what, when and where.** Your child decides whether and how much.
- Keep offering refused food.** It takes 8 to 15 neutral tries. Serve it, say nothing, try again.
- Never use food as a reward or a punishment.** It makes the sweet more wanted and the vegetable less.
- Protein and something fresh at breakfast.** Curd, egg, peanuts or chana - not just poha, bread or plain paratha.
- Change the shelf, not the child.** Fruit at eye level. Biscuits out of reach. Water on the table.