

WEIGHT OF EACH FOOD BY AGE RANGE

Vegetables

3-12 Years
120 gr
13-18 Years
200 gr
Garnish
80 gr.

Root Vegetables

3-12 Years
150 gr
13-18 Years
200 gr
Garnish
100 gr

Cereals

3-12 Years
55 gr
13-18 Years
65 gr
Garnish
25 gr

Pulses

3-12 años
45 gr
13-18 años
75 gr
Garnish
30 gr.

Fish

3-12 Years
100 gr
13-18 Years
160 gr

Meat fillet

3-12 Years
80 gr
13-18 Years
120 gr

Minced meat

3-12 Years
75 gr
13-18 Years
115 gr

Stewed meat

3-12 Years
120 gr
13-18 Years
200 gr

Oil

3-12 Yrs
1,2-25g
in stews and crudités; virgin olive oil, in fried foods; high oleic sunflower oil
13-18 Yrs
2-35 gr

Eggs

3-12 Years
55 gr
13-18 Years
110 gr
Guarnición;
45 gr.

Fruit

3-12 Years
100-150 gr
13-18 Years
150-200 gr

Bread

3-12 Years
30 gr
13-18 Years
60 gr

Grammage expressed in raw and net weight. In the case of bread and fruit it would be in raw and gross weight.

The use of seasonal fruit and vegetables for meals and desserts is encouraged.

Fibre consumption is encouraged with 2 portions of pulses and wholemeal bread per week.

T.S D y Nutrición

Malu Ortega Moreno



Cuida & Quiero (T)