



Nestlé Junior Club

The Nestlé Junior Club menu suggestion for Stage 3

Nutritious and delicious foods for your child at every stage of development



8 months+ menu especially adapted for your child



Recommended menu



Breakfast

210ml of milk

Lunch

- 1 bowl of rice porridge or infant cereal
- 1 to 2 teaspoons of blended meat or fish
- 1 to 2 tablespoons of vegetables

Mid-afternoon

- 210ml of milk or 2 NESTLÉ® Rusk
- 2 to 3 tablespoons of cooked fruit

Dinner

- 1 bowl of rice porridge or infant cereals
- 1 to 2 teaspoons of blended meat or fish
- 1 to 2 tablespoons of vegetables

Night

210ml of milk

1 teaspoon of blended meat or fish = approximately 5g
 1 level tablespoon of fruits or vegetables = approximately 15g
 Quantity can be adjusted to suit your child's appetite.
 Never force your child to eat if she is not hungry and always offer water regularly.

Disclaimer
 The content on this website is intended as general information and should not be used as a substitute for medical care and advice from your healthcare practitioner. The information on this website is written to suit the needs of those residing in Malaysia.

