



Nestlé Junior Club

The Nestlé Junior Club menu suggestion for Stage 2

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



6 months+ menu especially adapted for your child



Recommended menu



Breakfast

210ml of milk

Lunch

½ to 1 bowl of infant cereal
1 to 2 tablespoons of vegetables

Mid-afternoon

210ml of milk
1 to 2 tablespoons of cooked fruit

Dinner

½ to 1 bowl of infant cereal
1 to 2 tablespoons of vegetables

Night

210ml of milk

1 level tablespoon of infant cereal = 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

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.

