



Nestlé Junior Club

## The Nestlé Junior Club menu suggestion for Stage 4

Nutritious and delicious foods for child at every stage of development



12 months+ menu especially adapted for your child



### Recommended menu



#### Breakfast

250ml of growing-up milk

#### Lunch

1 bowl of rice porridge or infant cereal  
2 to 3 teaspoons of meat or fish  
2 to 3 tablespoons of vegetables

#### Mid-afternoon

250ml of growing-up milk or 2 NESTLÉ® Rusk  
3 to 4 tablespoons of fruits

#### Dinner

1 bowl of rice porridge or infant cereal  
2 to 3 teaspoons of meat or fish  
2 to 3 tablespoons of vegetables

#### Night

250ml 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.

