

HEALTHY RECIPES FOR YOUR LITTLE ONES

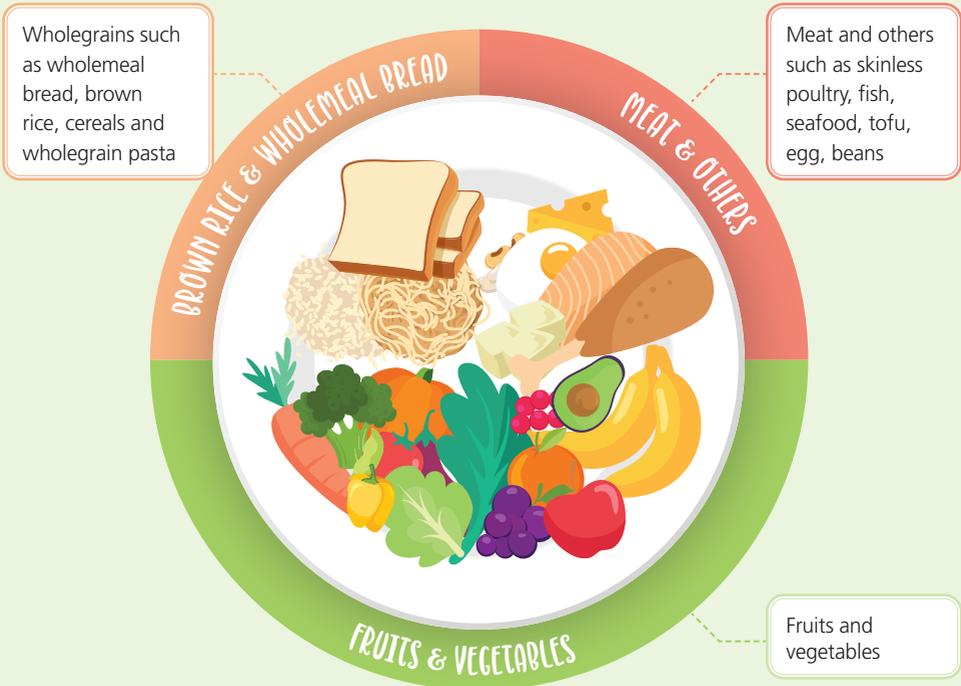
NUP Allied Health – Dietetic Services



Did you know that your little one's eating patterns are developed during the first few years of their life? Eating habits and patterns formed during early stages of life affects the growth and development of your child.

Good nutrition helps your child to grow strong and healthy, supports brain development, and strengthens immunity. It also helps to establish a foundation for healthy eating habits that your child can apply throughout life. Studies have shown that dietary patterns and attitudes towards food developed during childhood impacts dietary choices later in life. Hence, it is important to start eating healthily from young.

An easy way to help your child get the nutrients they need is by sharing healthy foods with them. A good example of how to fill your child's plate is shown below. We also encourage you to use healthier oils with the Healthier Choice Symbol in all the recipes.



Flip over for 10 recipes that are delicious, healthy, fun and easy to prepare. We hope that you will enjoy these recipes!

NUTRITIONAL RECOMMENDATIONS FOR CHILDREN

FOOD GROUP	RECOMMENDED NUMBER OF SERVINGS DAILY				
	6-12 months	1-2 years	3-6 years	7-12 years	13-18 years
					
Brown Rice and Wholemeal Bread 	1-2	2-3	3-4	5-6	6-7
Fruit (Fruit should not be used to replace vegetables in the diet or vice versa as they contain different kinds of nutrients) 	½	½-1	1	2	2
Vegetables 	½	½	1	2	2
Meat and Others 	½	½	1	2	2
Calcium - containing foods 	1 ½	1 ½	1	1	1
Milk	750ml	750ml	500ml	500ml	500ml

For infants aged 6 – 12 months; their dairy foods or calcium-rich foods servings should be provided in the form of 750ml breast milk or infant formula.

FOOD GROUP	EXAMPLES OF ONE SERVING
Brown Rice and Wholemeal Bread	<ul style="list-style-type: none"> • 2 slices bread (60g) • ½ bowl* rice (100g) • ½ bowl* noodles or beehoon (100g) • 4 plain biscuits (40g) • 1 thosai (60g) • 2 small chapatis (60g) • 1 large potato (180g) • 1½ cup** plain cornflakes (40g) 
Fruit	<ul style="list-style-type: none"> • 1 small apple, orange, pear or mango (130g) • 1 wedge pineapple, papaya or watermelon (130g) • 10 grapes or longans (50g) • 1 medium banana • ¼ cup** dried fruit (40g) • 1 cup** pure fruit juice (250ml) 
Vegetables	<ul style="list-style-type: none"> • ¾ cup** cooked leafy or non-leafy vegetables (100g) • ¼ round plate+ cooked vegetables • 150g raw leafy vegetables • 100g raw non-leafy vegetables 
Meat and Others	<ul style="list-style-type: none"> • 1 palm-sized piece fish, lean meat or skinless poultry (90g) • ¾ cup** cooked pulses (e.g. lentils, peas, beans) (120g) • 5 medium prawns (90g) • 3 eggs (150g) 
Calcium-containing Foods	<ul style="list-style-type: none"> • 2 cups** milk (500ml) • 2 slices cheese (40g) • 2 small blocks beancurd (170g) 

* rice bowl

** 250ml cup

+ 10 inch plate

FISH OATMEAL PORRIDGE



6 months onwards

10 minutes

10 minutes



2 SERVINGS

INGREDIENTS

- 4 tablespoons instant oatmeal
- 80g fish fillet
- 40g sweet potato, roughly chopped
- 150ml hot water



METHOD

- 1 Steam fish and sweet potato for 10 minutes.
- 2 Transfer fish and sweet potato to a bowl and gently mash with a fork.
- 3 Mix oatmeal with hot water and stir till it becomes a lumpy paste.
- 4 Add the mashed fish and sweet potato to the oatmeal.
- 5 Serve warm.

Nutritional Value (Per serve, 145g)

Energy (kcal)	96
Protein (g)	9.2
Total carbohydrate (g)	11.6
Total fat (g)	1.4
Total saturated fat (g)	0.3
Dietary fibre (g)	1.6
Calcium (mg)	20.7
Iron (mg)	1.0
Sodium (mg)	43

Food group recommendations met:

- 1/3 serving brown rice and wholemeal bread
- 1/3 serving meat and others

CAULI-EGG CEREAL

(SUITABLE FOR VEGETARIAN)



 **6 months onwards**

 **10 minutes**

 **10 minutes**

2 SERVINGS

INGREDIENTS

- 5 tablespoons** brown rice cereal
- 1 egg** (will only be using the yolk)
- 3 tablespoons** cauliflower, chopped
- ½ carrot**, cut into small cubes
- 150ml** lukewarm breastmilk or formula milk



METHOD

- 1 Steam cauliflower and carrots for 10 minutes. When cooked, mash with fork until smooth.
- 2 Cook one egg in a pot of boiling water for 10 minutes. Remove shell, and mash just the egg yolk with fork until smooth.
- 3 Mix cereal and milk to a creamy consistency.
- 4 Add mashed vegetables and egg yolk to milk mixture. Mix evenly before serving.

Nutritional Value (Per serve, 120g)

Energy (kcal)	128
Protein (g)	3.3
Total carbohydrate (g)	15.6
Total fat (g)	6.0
Total saturated fat (g)	2.5
Dietary fibre (g)	1.2
Calcium (mg)	48.1
Iron (mg)	4.7
Sodium (mg)	31.8

Food group recommendations met:

- ¼ serving brown rice and wholemeal bread



 If using refrigerated breastmilk, warm the milk by placing the container of breastmilk in a separate container or pot of warm water for a few minutes. Do not heat breastmilk directly on the stove or in microwave.

FRUITY TOFU SHAKE

(SUITABLE FOR VEGETARIAN)



 1 year onwards

 10 minutes

 15 minutes

4 SERVINGS

INGREDIENTS

2 medium bananas (1 banana - 80g edible portion) (Leave ½ a banana for decoration)

200g silken tofu, mashed

50ml milk



METHOD

- 1 Cut ½ banana into thin slices, set aside.
- 2 Combine milk, tofu and the remaining bananas (1 ½ medium) in a blender, and blend until a smooth consistency.
- 3 Divide mixture into 4 toddler cups.
- 4 Serve immediately or chill for 2 hours and then serve cold.
- 5 Decorate with banana slices before serving.

Nutritional Value (Per serve, 102g)

Energy (kcal)	79
Protein (g)	4.4
Total carbohydrate (g)	10.9
Total fat (g)	2.0
Total saturated fat (g)	0.6
Dietary fibre (g)	0.7
Calcium (mg)	27.8
Iron (mg)	0.6
Sodium (mg)	26.4

Food group recommendations met:

- ¼ serving meat and others
- ½ serving fruit



Feel free to change the fruits to any berries or seasonal fruits.



BANANA OATMEAL PANCAKES

(SUITABLE FOR VEGETARIAN)



 **1 year onwards**
 **10 minutes**
 **15 minutes**

4 SERVINGS
(2 PANCAKES PER SERVING)

INGREDIENTS

- 1 medium** ripe banana (80g edible portion)
- ¾ cup (90g)** wholemeal flour
- ¼ cup (25g)** rolled oats
- 1** egg
- 1 cup** milk
- 1 teaspoon** cinnamon powder (optional)
- 1 tablespoon** oil
- 1 teaspoon** vanilla essence (optional)
- Fresh fruits** to garnish (optional)



METHOD

- Mash the banana with a fork until smooth.
- In a bowl, combine dry ingredients (flour, rolled oats and cinnamon powder). Stir with a fork to mix.
- Combine wet ingredients (eggs, milk and vanilla essence) in another bowl.
- Add mashed banana and dry ingredients to wet ingredients. Stir to mix well into a batter.
- On a non-stick pan, over medium heat, gently brush the pan with 1 tablespoon of oil.
- Scoop two tablespoons of batter onto the pan.
- Cook for about 1 minute or until you see bubbles on the surface on the pancake and the edges start to look crisp. Flip over and cook until brown on the second side. (Repeat step 6 and 7 until flour mixture is used up).
- Remove and serve with some fresh fruit.

Nutritional Value (Per serve, 2 pancakes, without fresh fruit, 124g)

Energy (kcal)	209
Protein (g)	7.4
Total carbohydrate (g)	28.3
Total fat (g)	8.0
Total saturated fat (g)	2.5
Dietary fibre (g)	3.6
Calcium (mg)	79.3
Iron (mg)	1.4
Sodium (mg)	41.2

Food group recommendations met:

- 1 serving brown rice and wholemeal bread
- ¼ serving fruit





EGG FRIED RICE

 1 year onwards
 10 minutes
 20 minutes



4 SERVINGS

INGREDIENTS

- 2 Chinese bowls (400g)** rice, cooked and chilled
- 180g** skinless chicken fillet, diced into small pieces
- 1** egg
- 50ml** milk



- ½** onion, finely minced 
- 2 cloves** garlic, finely minced
- 3 teaspoons** oil
- 1 tablespoon** sesame seeds
- 100g** frozen mixed vegetables 
- 1** spring onion, chopped

METHOD

- 1 On medium heat, add 1 teaspoon of oil to pan. Add chicken and stir-fry until slightly brown. Set aside.
- 2 Beat egg in a bowl, add milk. Pour egg mixture in the pan and scramble until the egg is cooked. Remove egg and set aside.
- 3 Add another 2 teaspoons of oil to pan. Sauté garlic and onion for 3 minutes.
- 4 Add frozen mixed vegetables, sauté for another 2 minutes.
- 5 Add in cooked rice and chicken.
- 6 Turn down to low fire and cover the pan with lid. Leave it for 5 minutes.
- 7 Remove lid, add eggs. Mix all ingredients evenly.
- 8 Garnish with sesame seeds and spring onions before serving.



Replace half portion of white rice with brown or unpolished rice for extra fibre.

You can use meat, fish, or beancurd instead of chicken.



Nutritional Value (Per serve, 240g)

Energy (kcal)	313
Protein (g)	15.7
Total carbohydrate (g)	37.8
Total fat (g)	10.5
Total saturated fat (g)	2.6
Dietary fibre (g)	3.0
Calcium (mg)	49.3
Iron (mg)	2.7
Sodium (mg)	68.7

Food group recommendations met:

- 1 serving brown rice and wholemeal bread
- ½ serving meat and others
- ¼ serving vegetables

FISH PIE BITES

 **1 year onwards**

 **10 minutes**

 **35 minutes**



3 SERVINGS
(2 PIECES PER SERVING)

INGREDIENTS

120g boneless salmon fillet

1 medium potato (135g),
peeled and washed

½ cup (80g) frozen green peas

½ onion, chopped

2 teaspoons grated cheese

2 tablespoons full cream milk

1 teaspoon oil



METHOD

- 1 Preheat oven to 180°C.
- 2 Boil potato for 20 minutes or until soft.
- 3 In a large bowl, mash the cooked potato with a fork.
- 4 Add in milk and grated cheese to mashed potato. Mix well and set aside.
- 5 On medium heat, oil frying pan and then add in salmon (skin side down) to cook for 5 minutes. Turn salmon over, and leave it for another 5 minutes. Remove from pan once fully cooked.
- 6 While waiting for salmon to cook, steam the chopped onion and frozen peas together for 10 minutes.
- 7 In a large bowl, combine mashed potato mixture (from step 4), salmon, frozen green peas, and onions. Mix evenly with a fork.
- 8 Scoop a heaped tablespoon of the mixture, place it on a baking tray and flatten it slightly (repeat until mixture is used up).
Alternatively, if you have an 8-hole muffin tray, fill it to $\frac{3}{4}$ in each hole.
- 9 Bake for 10 minutes or until golden brown.





Feel free to use other kinds of fish such as sole fillet, threadfin or cod fish to replace salmon. Please check that the fish is thoroughly scaled and remove all bones.

You can also swap fish to beancurd or legumes/beans for a vegetarian option.

Vegetarian option: use 120g lentils or 170g beancurd (not silken tofu) instead of fish.



Nutritional Value (Per serve, 142g)

Energy (kcal)	155
Protein (g)	12.3
Total carbohydrate (g)	15.2
Total fat (g)	5.5
Total saturated fat (g)	1.5
Dietary fibre (g)	1.7
Calcium (mg)	55.7
Iron (mg)	1.6
Sodium (mg)	162.4

Food group recommendations met:

- ¼ serving brown rice and wholemeal bread
- ½ serving meat and others
- ½ serving vegetables

RICE BALL WITH TUNA AND CUCUMBER

 **1 year onwards**
 **10 minutes**
 **15 minutes**



2 SERVINGS
(2 RICE BALLS PER SERVING)

INGREDIENTS

1 Chinese bowl (200g) cooked rice (freshly made, still warm and moist)

½ can (75g) tuna, in water, drained and then flaked



½ avocado, finely chopped

1 tablespoon roasted sesame seeds

½ cucumber (100g), finely chopped

4 small (5g per piece) Japanese sushi seaweed sheet



TOOL

Rice mould (optional)



Mix white rice with brown rice for extra fibre. You can also use rice moulds with different shapes to make it more fun and appetising for your child.

METHOD

- 1 Combine rice, tuna, avocado, cucumber and sesame seeds in a bowl, stir well.
- 2 Scoop 3 rounded tablespoons of rice mixture and transfer to a rice mould. If you do not have a rice mould, you can roll it into a ball.
- 3 Wrap rice ball with Japanese sushi seaweed sheet before serving.

Nutritional Value (Per serve, 252g)

Energy (kcal)	273
Protein (g)	14.3
Total carbohydrate (g)	36.2
Total fat (g)	7.7
Total saturated fat (g)	1.1
Dietary fibre (g)	6.6
Calcium (mg)	30.8
Iron (mg)	3.8
Sodium (mg)	98.3

Food group recommendations met:

- 1 serving brown rice and wholemeal bread
- ½ serving meat and others
- ½ serving vegetables
- ¼ serving fruit

EASY CHICKEN QUESADILLAS



 2 years onwards

 10 minutes

 15 minutes

2 SERVINGS

INGREDIENTS

- 2 wholegrain tortilla wraps 
- 100g** chicken breast, diced/minced
- 4** button mushrooms (**50g**), sliced
- ½ medium** green/red/yellow capsicum, chopped
- 4** cherry tomatoes (**60g**), chopped
- ¼ cup (28g)** cheddar cheese, shredded
- 3 teaspoons** oil



METHOD

- 1 Pre-heat oven to 200°C.
- 2 On medium heat, drizzle 2 teaspoons of oil and stir-fry chicken, capsicum and mushrooms until slightly brown. Remove from heat.
- 3 Lay tortilla on baking sheet, gently brush tortilla with remaining oil.
- 4 Add capsicum, mushrooms, chicken, tomato and cheese on one half of the tortilla.
- 5 Fold over the other half of the tortilla.
- 6 Bake for 5 minutes until cheese melts, flip the other side, bake for another 2-3 minutes.



Serve with cucumber/
carrot sticks to make
it a complete meal.



Nutritional Value (Per serve, 1 wrap, 200g)

Energy (kcal)	356
Protein (g)	19.1
Total carbohydrate (g)	26.2
Total fat (g)	18.8
Total saturated fat (g)	6.2
Dietary fibre (g)	2.2
Calcium (mg)	109.1
Iron (mg)	0.5
Sodium (mg)	425.5

Food group recommendations met:

- 1 serving brown rice and wholemeal bread
- ½ serving meat and others
- ½ serving vegetables



CREAMY AVOCADO AND SPINACH PASTA

(SUITABLE FOR VEGETARIAN)

 2 years onwards

 10 minutes

 15 minutes



4 SERVINGS

INGREDIENTS

200g pasta (uncooked)

100g or **2½ cups** fresh spinach

1 avocado, ripe

1 clove garlic, minced

50ml milk

10 cherry tomatoes



2 tablespoons oil

3 tablespoons grated parmesan cheese
(keep 1 tablespoon for sprinkling)

WHAT YOU NEED

Food processor/blender



METHOD

- 1 Bring a pot of water to boil and add in pasta. Boil according to package instructions. Drain and set aside to cool.
- 2 Add spinach, avocado, 2 tablespoons of parmesan cheese, garlic, milk and 1 tablespoon of oil into a food processor/blender, blend until a smooth consistency.
- 3 Heat another 1 tablespoon of oil in a large pan over medium heat. Add in pasta and blended mixture (in step 2) to the pan and stir-fry for 3 minutes.
- 4 Add cherry tomatoes and cook for another 2-3 minutes.
- 5 Divide pasta into 4 portions and sprinkle the remaining parmesan cheese before serving.

Nutritional Value (Per serve, 161g)

Energy (kcal)	343
Protein (g)	10.3
Total carbohydrate (g)	43.7
Total fat (g)	15.5
Total saturated fat (g)	3.1
Dietary fibre (g)	4.9
Calcium (mg)	108.7
Iron (mg)	2.6
Sodium (mg)	163.6

Food group recommendations met:

- ½ serving brown rice and wholemeal bread
- ½ serving vegetables
- ¼ serving fruit



JUNIOR MEATBALL PASTA



 3 years onwards
 15 minutes
 15 minutes

4 SERVINGS

INGREDIENTS

- 200g** pasta (uncooked)
- 2 tablespoons** grated parmesan cheese for sprinkling (optional)
- 1 tablespoon** oil

For meatballs

- 200g** minced chicken
- 1** egg
- ½** onion, finely chopped
- 1 teaspoon** mixed herbs
- ½ tablespoon** oil
- ½ teaspoon** soy sauce



For tomato sauce

- 2 cloves** garlic, finely chopped
- 1 medium** green/red/yellow capsicum (**100g**), finely diced
- 1** carrot, finely diced
- 2 medium** fresh tomatoes, chopped
- 5 tablespoons** tomato paste (no sodium added)
- 1½ cup** water



METHOD

- 1 Bring a pot of water to boil and add pasta. Boil according to package instructions. Drain and set aside to cool.
- 2 Combine all ingredients for meatballs in a large bowl, mix well.
- 3 Scoop 1 round tablespoon of meat mixture and roll into a ball. Repeat this step until all mixture is used up.
- 4 Heat 1 tablespoon of oil in a large saucepan on medium heat. Add in meat balls and pan-fry for 4-5 minutes on each side or until it is slightly brown on surfaces. Remove meatballs and set aside.
- 5 Into the same pan, add in garlic, capsicum and carrot. Stir-fry for 5 minutes until vegetables turn soft.
- 6 Stir in chopped tomatoes, tomato paste and water, let it simmer for 5 minutes.
- 7 Divide pasta into 4 portions, top it with sauce and meatballs.
- 8 Sprinkle parmesan cheese before serving.



Nutritional Value (Per serve, 311g)

Energy (kcal)	336
Protein (g)	22.0
Total carbohydrate (g)	42.9
Total fat (g)	10.2
Total saturated fat (g)	1.9
Dietary fibre (g)	7.1
Calcium (mg)	80.6
Iron (mg)	5.6
Sodium (mg)	171.7

Food group recommendations met:

- 1 ¼ servings brown rice and wholemeal bread
- ½ serving meat and others
- ½ serving vegetables



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