

Voorbeeld dagmenu's voor een kind van 1 - 3 jaar

Dagmenu 1



Oorlog

- 1 volkoren boterham met margarine uit een kuipje en appelstroop
- Een bekante halve melk (150 ml)

Tussendoor

- Dampende perjes appel
- Een bekante thee zonder suiker of een bekante water

Tussen de middag

- 2 volkoren boterhammen met margarine uit een kuipje, 1 met 100% plantaardige zonder suiker en zout en 1 met licht zuurkruis
- Een bekante halve melk (150 ml)

Tussendoor

- Een schaalje doornedruiven
- Een bekante thee zonder suiker

Warme maaltijd

- Stukje varkensvlees (50 gram)
- 1-2 opsteeplepels dopenrijp
- 1-2 opsteeplepels steenleijp (50-100 gram) met een karnauze van 1 theepel
- karnauze met 2 eetlepels magere yoghurt
- Een bekante water
- Een schaalje havermoutpap (100 ml)

Dagmenu 2



Oorlog

- 1 volkoren boterham met margarine uit een kuipje en plakjes tomaat
- Een bekante halve melk (150 ml)

Tussendoor

- Een bekante thee zonder suiker of een bekante water

Tussen de middag

- 2 volkoren boterhammen met margarine uit een kuipje, 1 met een smelt van 1 ei en 1 met stukjes aardbei
- Een bekante halve melk (150 ml)

Tussendoor

- Een paar door midden gesneden karnauze
- Een bekante thee of water

Warme maaltijd

- Stukje kipfilet (50 gram)
- 1-2 opsteeplepels karnauze met champignons
- 1-2 opsteeplepels steenleijp (50-100 gram)
- Een bekante water
- Een schaalje magere yoghurt (100 ml) met blokjes peer

Dagmenu 3



Oorlog

- 1 volkoren boterham met margarine uit een kuipje en 100% notenpasta zonder suiker en zout
- Een bekante halve melk (150 ml)

Tussendoor

- Een geschilde peer in plakjes
- Een bekante thee zonder suiker of een bekante water

Tussen de middag

- Een stuk van 2 volkoren boterhammen met margarine uit een kuipje, licht zuurkruis en een karnauze in plakjes erin
- Een bekante halve melk (150 ml)

Tussendoor

- Een schaalje magere yoghurt (100 ml) met een halve karnauze in plakjes

Warme maaltijd

- 50 gram karnauze met 1-2 opsteeplepels karnauze en 1-2 opsteeplepels garm karnauzeperjes (50-100 gram)
- Een bekante water

Dagmenu 4



Oorlog

- Een stukje (Turk)brood (75 gram) met plantaardige margarine uit een kuipje en wat 100% notenpasta zonder suiker en zout
- Een bekante halve melk (150 ml)

Tussendoor

- Een bekante thee zonder suiker of een bekante water

Tussen de middag

- 2 stukjes (Turk)brood (75 gram) met plantaardige margarine uit een kuipje en plakjes karnauze en tomaat, en een stuk brood met plantaardige margarine uit een kuipje en hummus zonder zout
- In kleine stukjes gesneden karnauze
- Een bekante ayran (100 ml) zonder zout

Tussendoor

- Een schaalje magere yoghurt (100 ml) met 3 gedroogde abrikozen
- Een bekante thee zonder suiker

Warme maaltijd

- Stukje gebakken karnauze, karnauze of karnauze (50 gram)
- 1-2 opsteeplepels karnauze courcous of bulgur (50-100 gram)
- 1-2 opsteeplepels garm karnauze met tomaat of paprika
- Een bekante water
- Schijf watermeloen

Elk kind is anders, dus volg je eigen kind. Je kind heeft niet alles op te eten. Alle menu's bevatten de gemiddelde aanbevelingen hoeveelheden. Je kind heeft nog wel extra vitamine D nodig tot hij 4 jaar is. Gebruik bij de warme maaltijd een eetlepel plantaardige olie- en broodolie voor de bereiding. Zorg dat de stukjes eten voor je kind niet te groot zijn. Cholesterolwaarden en bloeddruk kun je bepalen of in stukjes meten.

Voeding Warm Kritische Informatie 1

EW Minium



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