

What you daily need according the official Dutch food agency ( voedingscentrum )

Item	1 to 4 year	4 to 12 years	12 to 20	20 to 50	50 to 70	70 and over
bread	1 to 3 slices 35-105 gram	3 to 5 slices 105 – 175 gr	5 to 7 slices 175 -245 gr	5 to 7 slices 175 – 245 gr	4 to 6 slices 140 – 210 gr	3 to 4 slices 105 – 140 gr
Potato or rice,pasta or peas and beans	75 gram wat is 1,5 piece of potato or servingspoon rice/pasta/beans	100-150 gr 2 to 3 potatoes or 2 to 3 servingspoons rice/pasta/beans	200 – 250 gr Or 4 to 5 potato or 4 to 5 serving spoons rice/pasta/bea ns	150-250 gr potato or 3 to 5 serving spoons rice/pasta/be ans	150/250 gr potato 3 to 4 spoons rice/past a/beans	100 – 150 gr potato or 2 to 3 spoons rice/pasta/ beans
vegetables	75 gr ( 1 to 2 spoons )	150 gr ( 3 spoons )	200 gram ( 4 spoons )	200 gr ( 4 Spoons )	200 gram ( 4 spoons)	150 gr ( 3 spoons )
Fruit	1,5 p ( 150 gr)	2 x ( 200 gr)	2x(200 Gr)	idem	idem	idem
Dairy produce	300 ml milk(products) 10 gr cheese ( ½ slice )	300-450/600ml (*) products and 10 to 20 gr cheese	500 ml milk( products) and 20 gr cheese ( 1 slice )	400 ml milk( products) and 20 gram of cheese	500 ml milk( products ) and 20 gr of cheese	550 ml milk ( products and 20 gr of cheese
Meat(produ cts) fish,chicken ,egg,or meat replacers	50 gr	50 to 100 gr	100 to 120 gr	100 to 120 gr	100 to 120 gr	100 to 120 gr
Halvarine ,margarine etc	15 gr	15 to 35 gr	20 to 30 gr	10 to 35 gr	30 to 35 gr	25 to 35 gr
Drinks, ( water,tea,co ffee etc )	0,8 ltr	1 to 1.5 ltr	1,5 ltr	1,5 ltr	1,5 ltr	1,7 ltr

(\*) the smallest amounts are for the youngest children , for older children 450 to 600 ml