

Quick reference for meal weights

Total meal weight		Minimum weights		
		Years 0-3 180g	Years 4-8 240g	Years 9+ 300g
Vegetables (excluding starchy vegetables)	• Cooked or	50g	60g	70g
	• Salad	25g	30g	35g
Grain Foods and Starchy Vegetables For pasta, rice and starchy vegetables aim to include at least 50% more than the required minimum weight		30g	60g	90g
Protein Foods	• More than half the minimum weight is animal-based or	30g	40g	50g
	• More than half the minimum weight is plant-based	45g	60g	75g
Additional food items		No minimum weight		
Amber items		Maximum weight allowance		
		Years 0-3	Years 4-8	Years 9+
		60g	75g	100g