



MORE MANAGED
PORTIONS

NESTLÉ for
HEALTHIER KIDS 

AGE 12+

AGE 7-12

AGE 4-6

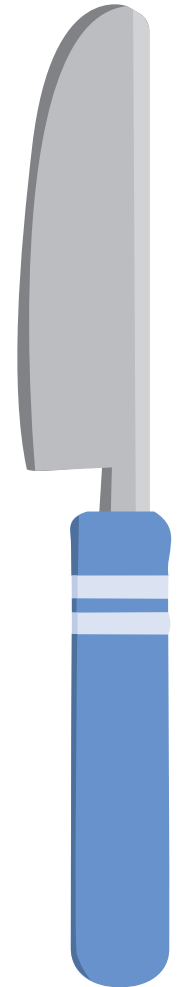
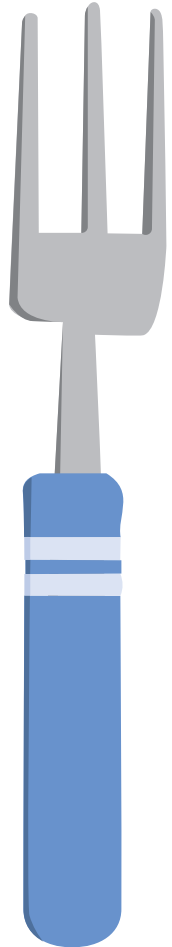
AGE 1-3

EVOLUPLATE MATS

It is not only important to choose nutritious and varied options, it is also important to eat the correct amounts of different types of food. Portion control is important for any age but it's especially important for children who are still learning about healthy eating habits. Why not use our specially designed place mats to help determine the appropriate portion for kids? Each ring on the Evoluplate mat shows the appropriate portion size according to your child's age.

How it works:

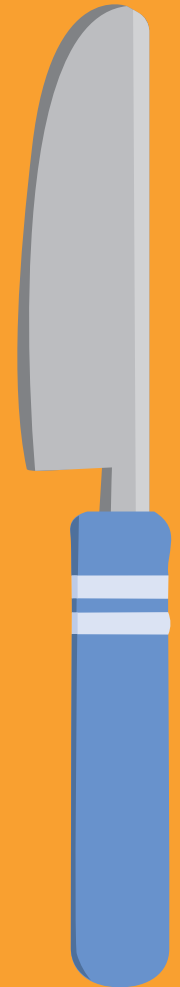
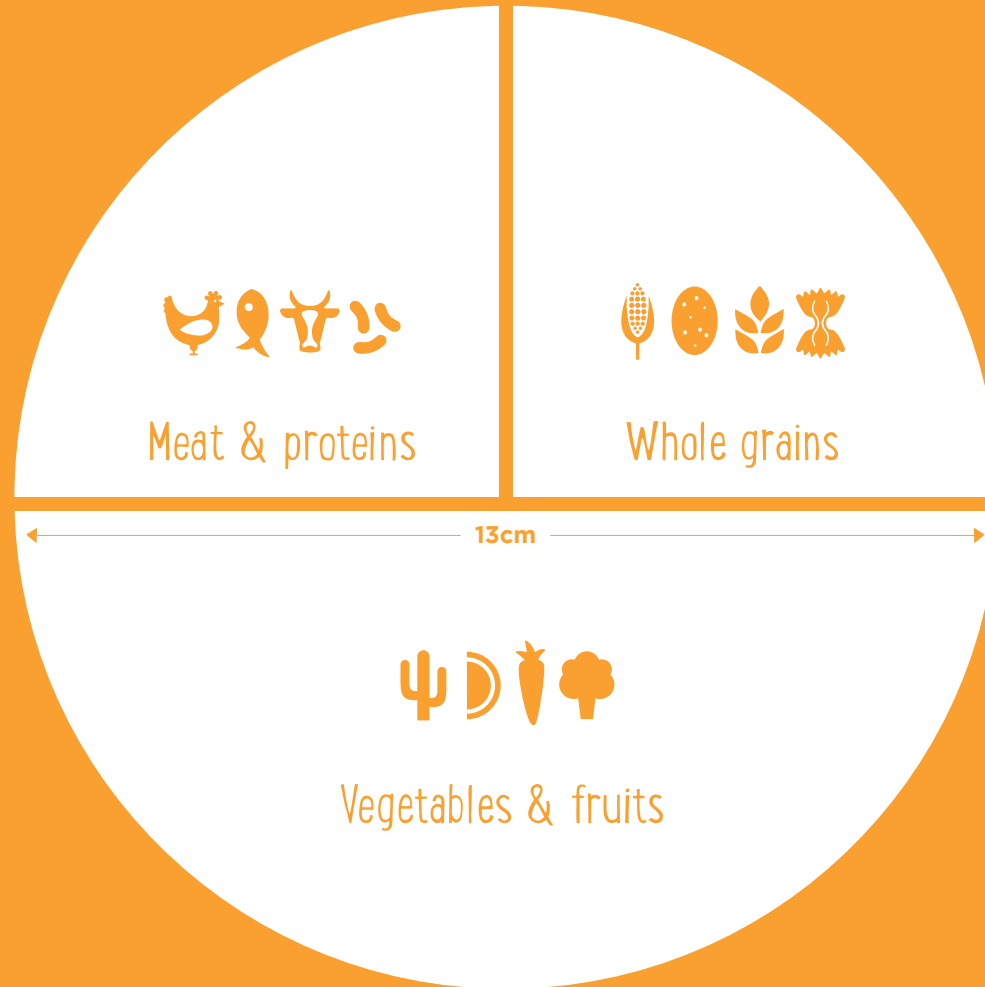
- 1 Select the Evoluplate mat that corresponds to your child's age.
- 2 Print and use as a guide when preparing your child's meal to control portions.



EVOLUPLATE MATS

AGE 1-3

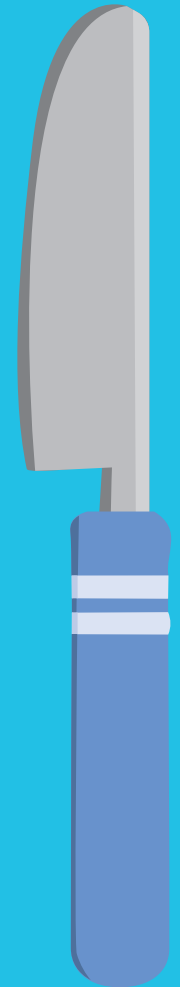
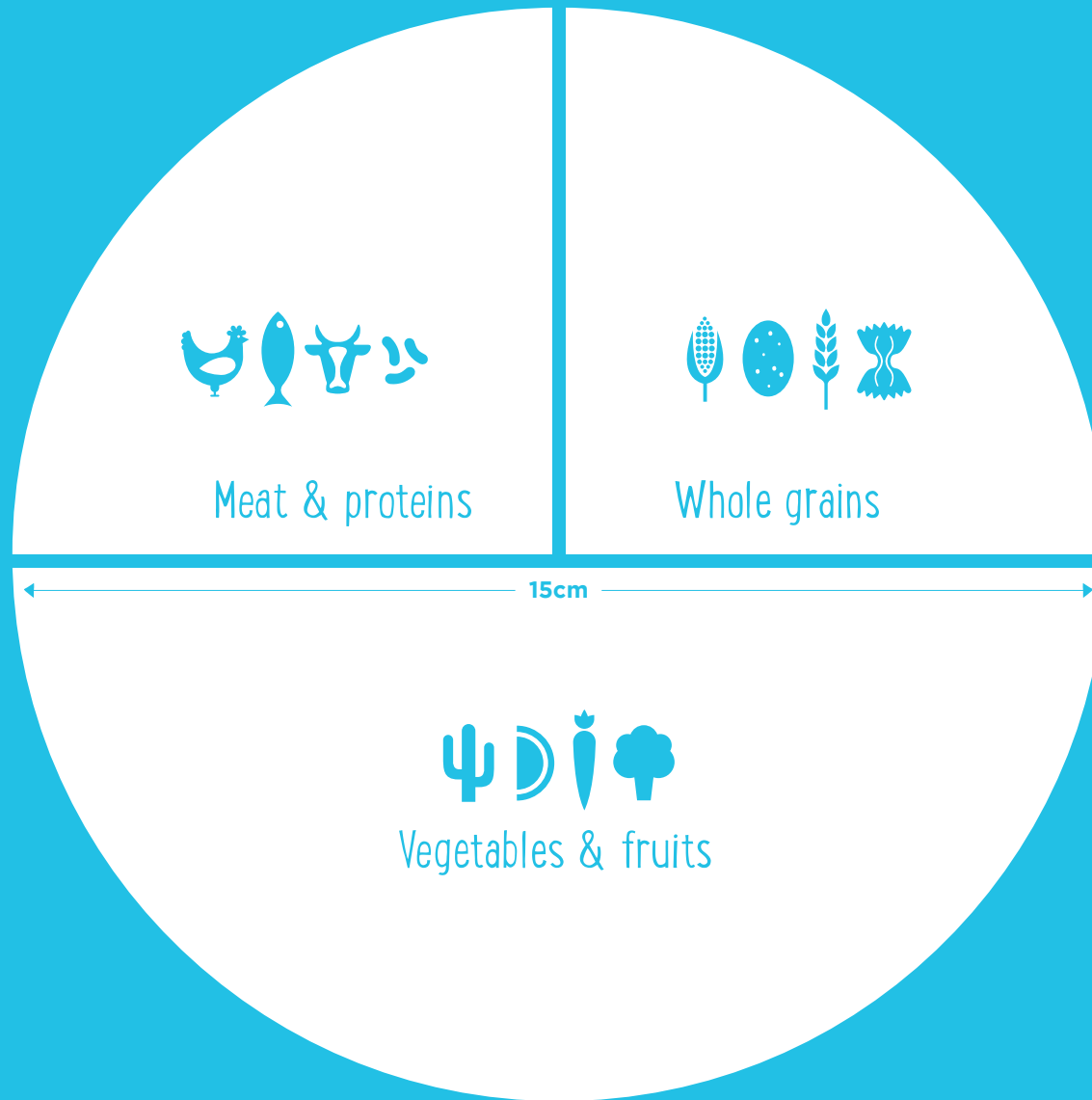
NESTLÉ for
HEALTHIER KIDS 



EVOLUPLATE MATS

AGE 4-6

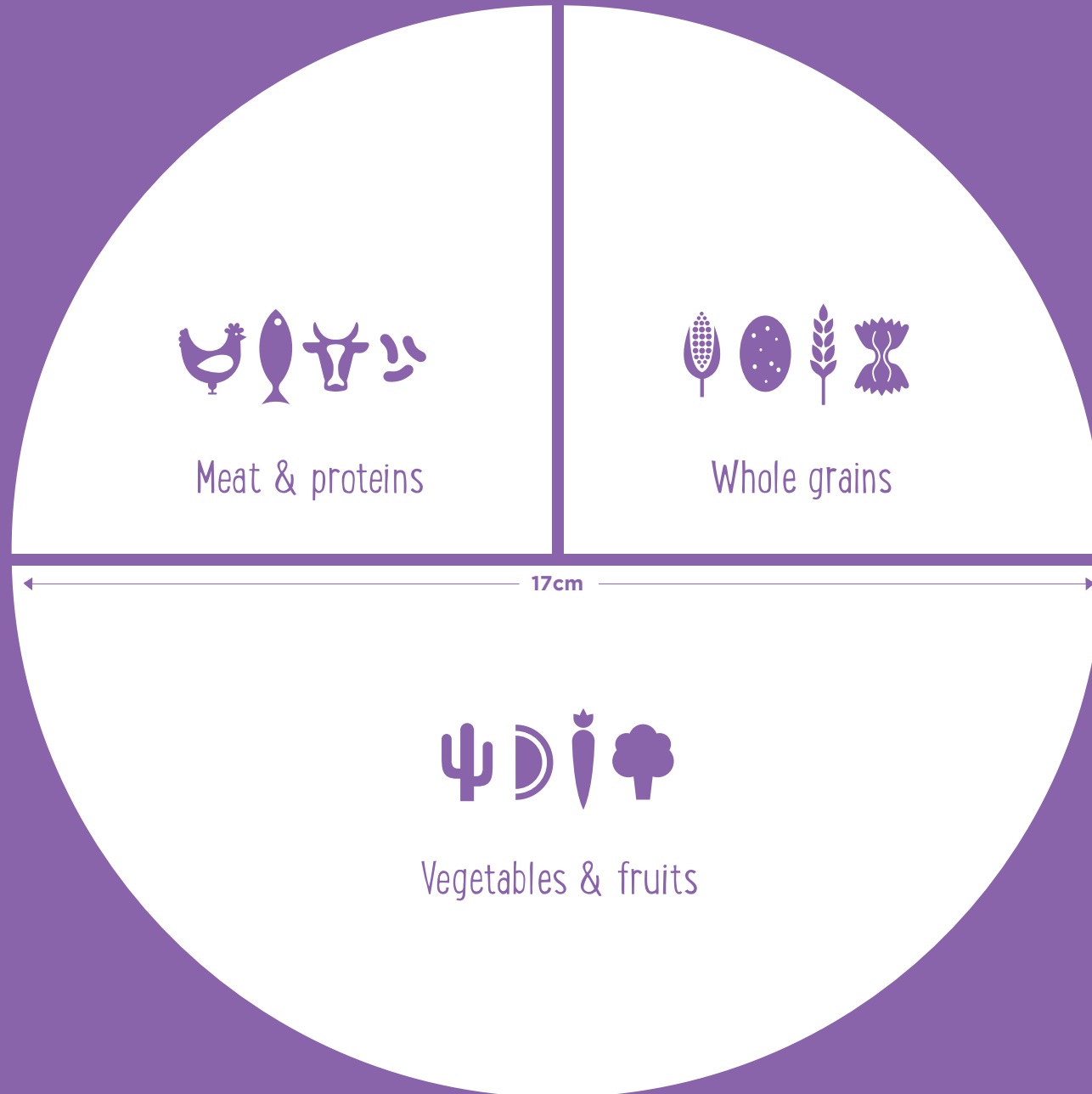
NESTLÉ for
HEALTHIER KIDS 



EVOLUPLATE MATS

AGE 7-12

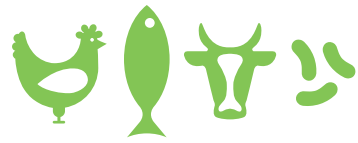
NESTLÉ for
HEALTHIER KIDS 



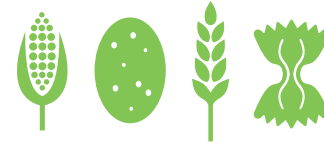
EVOLUPLATE MATS

AGE 12+

NESTLÉ for
HEALTHIER KIDS 



Meat & proteins



Whole grains

20cm



Vegetables & fruits

