



TODDLER NUTRITION GUIDE

1 - 3 YEARS



FRUIT

2-3 SERVINGS PER DAY

- 1/2 cup berries^
- 1/2 of banana or small fruit
- 1/4 - 1/2 cup melon^
- 1/3 cup dried fruit

VEGETABLES

2-3 SERVINGS PER DAY

- 1/4 - 1/3 cup cooked, canned, or chopped veggies
- Broccoli*, spinach*, carrots, sweet potatoes, snap peas,
- green beans, leafy greens*
- Chopped tomatoes & cucumbers

WHOLE GRAINS*

6 SERVINGS PER DAY

- 1/2 slice of bread
- 1/2 bagel or bun
- 1/3 - 1/2 cup cooked rice, pasta, or cereal
- 1-2 mini muffins
- 5-6 whole grain crackers

DAIRY

6 SERVINGS PER DAY

- 1/2 cup milk or yogurt
- 1/2 ounce shredded cheese
- 1 string cheese
- 1 slice of cheese

PROTEIN

2 SERVINGS PER DAY

- 1-3 Tablespoons cubed poultry, fish, beef, or pork
- 1 small egg
- 2-4 Tablespoons beans, peas, lentils, edamame, or chopped nuts
- 1 teaspoon seeds

FAT

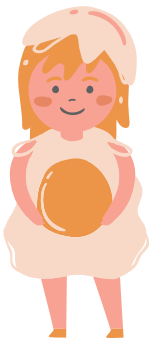
2-3 SERVINGS PER DAY

- 1 teaspoon butter, oil, or margarine
- 1 teaspoon Canola, olive, coconut oil
- 1 Tablespoon avocado
- 1 Tablespoon cream cheese



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• TIPS FOR GOOD NUTRITION

- Appetite changes from day to day; kids are good at knowing when they are hungry and full.
- Kids do well with schedules and times. Be sure to limit all day grazing to help them feel hungry at the regularly scheduled meal and snack times.
- Keep trying to introduce new foods and foods that the child may not have liked before.
- Make food fun!
- Toddlers like routines; try to serve meals/snacks at same time every day
- Avoid foods that could cause choking
 - hard candy, whole or sliced apples, raw or whole vegetables, popcorn,
 - chunks of meat, and whole grapes, hot dogs, & nuts

KEY

- *Iron-rich foods
- ^Helps absorb iron