

Prepared For:		Date:	
Prepared By:		Contact:	

Nutrition for Toddlers

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Daily Food Guidelines

The chart shows suggested daily goals for most toddlers.

Food Group	Daily Servings	1 Serving Equals . . .
Milk and Milk Products	6	½ cup milk or yogurt ½ ounce cheese
Meat and Other Protein Foods	2	1-3 tablespoons beef, pork, poultry, or fish 2-4 tablespoons beans or chopped nuts 1 small egg
Grains	6	¼-½ slice bread ¼-½ bagel or bun 1/3-½ cup ready-to-eat cereal ¼-½ cup cooked cereal ¼-1/3 cup rice or pasta
Vegetables	2-3	¼-1/3 cup cooked, canned, or fresh chopped vegetables ¼-1/3 cup juice
Fruits	2-3	½ small fruit ¼-1/3 cup cooked, canned, or fresh chopped fruit ¼-1/3 cup juice 1/3-½ cup berries
Fats and Oils	3	1 teaspoon added butter, margarine, or oil

Tips

- Keep trying to introduce new and healthier foods. A child may refuse a food today but love it next week.
- Make food fun! Try sandwiches cut into shapes, vegetables and fruits with dips, or pancakes for a special occasion lunch.
- Involve children in buying and preparing food. Try planting a family garden.
- Some children do not care for mixed dishes like casseroles. Try serving individual foods like beans, rice, and a vegetable instead of a rice and bean pilaf.

Foods That May Cause Choking

- Whole corn
- Whole grapes
- Hot dogs
- Meat chunks, unless finely chopped and combined

- Sausage links
- Nuts, unless chopped fine
- Peanut butter
- Popcorn
- Raisins, unless cooked
- Raw apples
- Raw vegetables
- Gumdrops
- Hard candy
- Jelly beans

Tips to Prevent Choking

- A child who is choking may not be able to make noise or attract attention. Always supervise mealtimes.
- Be aware if your child is eating in the car.
- Discourage your child from eating while walking or playing.
- Avoid hard-to-chew foods or foods that increase the risk of choking. Some favorite foods can be safely served if prepared properly:
 - Cut hot dogs and link sausage lengthwise and grapes into quarters.
 - Cook or steam carrots and chop corn.
 - Serve peanut butter spread thinly with jelly or fruit sauce. Do not serve it by the spoonful.
- Coughing is a sign a child is removing an object naturally.

Foods Recommended

Food Group	Recommended Foods
Milk and Milk Products	Breast milk Whole or low-fat cow's milk Buttermilk Calcium-fortified soy milk Reconstituted powdered milk Whole-fat or low-fat yogurt Regular-fat or low-fat cheese
Meat and Other Protein Foods	Tender, well-cooked lean beef, pork, or poultry Fish Eggs Chopped nuts or nut butter Soybeans, lentils, dried peas and beans, mashed or well cooked
Grains	All types Choose whole grains (such as whole wheat, brown rice, oatmeal, bulgur, or barley) for at least half of daily grain servings.
Vegetables	All types, especially dark-green and orange vegetables
Fruits	All types Dried fruits, if cooked
Fats and Oils	Heart-healthy vegetable oils, such as olive or canola oil Fats and oils with omega-3 fatty acids Limit added fats and oils to less than 4 teaspoons daily.
Beverages	Offer plenty of water between meals.

Foods Not Recommended

Food Group	Foods Not Recommended
Milk and Milk Products	Nonfat milk for children younger than 2 years Sweetened flavored milk drinks, such as chocolate or strawberry
Meat and Other Protein Foods	Undercooked meat served in chunks larger than ¼-inch pieces
Grains	Fried pastries and cereal mixes
Vegetables	Difficult-to-chew fresh vegetables (for example, vegetables with peels)
Fruits	Difficult-to-chew whole fresh fruits, especially with peelings Dried fruits
Fats and Oils	Limit added fats and oils to less than 4 teaspoons daily.
Beverages	All sweetened beverages, such as fruit-flavored drinks, soda pop, sport drinks, and soft drinks
Sweets, Desserts, and Snacks	Limit high-sugar, high-salt, and fried foods to rare treats. Avoid sweet or sticky foods and candy that can remain in the mouth for a long time and cause cavities.

Toddler Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	½ cup fortified whole grain ready-to-eat breakfast cereal ½ small banana ¾ cup 1% milk
Morning Snack	½ English muffin 1 tablespoon mashed avocado
Lunch	½ slice whole wheat bread Tofu salad made with: ¼ cup of mashed tofu 1 teaspoon mayonnaise ¼ cup mashed sweet potatoes with 1 teaspoon smooth nut butter Peanut butter, smooth style, without salt ½ cup strawberries
Afternoon Snack	¼ cup cantaloupe ¾ cup 1% milk
Evening Meal	½ cup spaghetti ¼ cup kidney beans ¼ cup meatless marinara sauce ¼ cup steamed broccoli 1 teaspoon olive oil ½ cup 1% milk

Toddler Vegan Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> ½ cup cooked oatmeal ½ small banana ¾ cup soymilk fortified with calcium, vitamin B12, and vitamin D
Morning Snack	<ul style="list-style-type: none"> ½ English muffin 1 tablespoon mashed avocado
Lunch	<ul style="list-style-type: none"> ¼ cup hummus 1 slice whole wheat bread ¼ cup carrots ¾ cup soymilk fortified with calcium, vitamin B12, and vitamin D
Afternoon Snack	<ul style="list-style-type: none"> Smoothie made with: ½ cup soymilk fortified with calcium, vitamin B12, and vitamin D ½ cup soft tofu ½ cup strawberries 1 teaspoon smooth peanut butter
Evening Meal	<ul style="list-style-type: none"> ½ cup whole wheat spaghetti ¼ cup kidney beans ¼ cup meatless marinara sauce ¼ cup broccoli 1 teaspoon olive oil

Toddler Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 3/4 cup oatmeal 1/4 cup raisins 1/2 cup reduced-fat milk
Morning Snack	<ul style="list-style-type: none"> 1/2 peanut butter and jelly sandwich Peanut butter Jam 1/2 cup orange juice
Lunch	<ul style="list-style-type: none"> 2 slices whole-grain bread, for sandwich 3/4 oz sliced turkey 3/4 oz cheese 1/2 cup steamed carrots 1 small banana 1/2 cup reduced-fat milk
Afternoon Snack	<ul style="list-style-type: none"> 3/4 cup yogurt 1/4 cup granola 1/4 cup sliced fruit 1/2 cup water
Evening Meal	<ul style="list-style-type: none"> 2 oz chicken 2 tablespoons green beans 1/4 cup mashed potatoes 3 tablespoons gravy 1 small whole-grain dinner roll 1/2 teaspoon margarine 3/4 cup reduced-fat milk
Evening Snack	<ul style="list-style-type: none"> 1/2 cup applesauce 5 whole-grain crackers 1/2 cup water

Notes