

Daily Toddler Nutrition Guide

(Each example is one serving. Use this as a guide only and remember that your child's hunger is always the best guide for how much food they need.)



FRUIT

2-3 servings

- 1/2 banana
- 1/2 cup sliced grapes
- 1/2 cup berries
- 1 clementine
- 1/2-1 kiwi
- 1/4-1/2 cup mango
- 2 tsp dried fruit



VEGGIES

2-3 servings

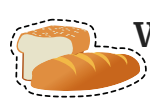
- 1-4 tbsp cooked broccoli, carrots, cauliflower, snap peas, or green beans
- 1-4 tablespoons sliced raw tomatoes, cucumbers, peas
- 1/4 cup leafy greens
- 1-2 tsp tomato sauce or salsa



DAIRY

2-3 servings

- 1/2 cup whole milk
- 1/2 cup kefir
- 1 slice cheese (1 oz)
- 1/4-1/2 cup whole milk yogurt
- 1/4-1/2 cup 4% cottage cheese
- 1/2-1 string cheese (or equivalent fortified nondairy products)



WHOLE GRAINS

6 servings

- 1/2 slice whole grain bread
- 1/4-1/2 cup oatmeal, rice, pasta, or quinoa
- 1/4-1/2 cup whole grain dry cereal or crackers
- 1-2 whole grain mini muffins
- 1/2 mini bagel



MEAT, POULTRY, FISH, EGGS 2 servings

- 2-4 one-inch cubes chicken, turkey, beef, salmon, white fish, or ham
- 2-4 tablespoons ground meat or poultry
- 1/2-1 egg



LEGUMES, NUTS

2 servings

- 2 tablespoons beans, peas, edamame, lentils, or split peas
- 1 teaspoon-1 tablespoon nut or seed butter
- 1 teaspoon hemp, chia or flaxseeds



FATS

2-3 servings

- 1 tablespoon avocado
- 1 tablespoon shredded coconut
- 1 teaspoon coconut oil
- 1 teaspoon butter
- 1-3 teaspoons olive or avocado oil



IRON-RICH FOODS

1-2 servings

- red meat, whole grains, and iron-rich vegetables (spinach, broccoli, kale) served with fruits like strawberries, citrus, pineapple, mango, and kiwi—the Vitamin C increases iron absorption

P.S.

- Expect appetite fluctuations.
- Serve healthy fats with most meals.
- Remember that you don't need to measure their food —ballparks are fine.
- Do your best with what you have on any given day.

Serve treats less often and with joy!