## Daily Toddler Nutrition Guide

### 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 tbsp 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 tbsp 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.
- 1 yr olds: Need about 1/2 daily calories from fat
- 2 yr olds: Need about 1/3 daily calories from fat
- Aim for 1000-1400 calories per day
- Expect appetite fluctuations

Serve Treats Sparingly