

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 tsp dried fruit



VEGGIES

2-3 servings

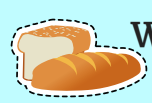
1-4 tbsp cooked broccoli, carrots, cauliflower, snap peas, or green beans
1-4 tablespoons sliced raw tomatoes, cucumbers, peas
1/4 cup leafy greens
1-2 tsp tomato sauce or salsa



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.

- 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

