

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Nutrition for Toddlers

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 ⅓-½ cup ready-to-eat cereal ¼-½ cup cooked cereal ¼-⅓ cup rice or pasta
Vegetables	2-3	¼-⅓ cup cooked, canned, or fresh chopped vegetables ¼-⅓ cup juice
Fruits	2-3	½ small fruit ¼-⅓ cup cooked, canned, or fresh chopped fruit ¼-⅓ cup juice ⅓-½ cup berries
Fats and Oils	3	1 teaspoon added butter, margarine, or oil

Notes:



Recommended Foods

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.

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.

Notes:

Sample 1-Day Menu for Toddlers

Breakfast	½ cup whole milk ½ cup oatmeal with 2 tablespoons cooked raisins
Snack	½ peanut butter and jelly sandwich ½ cup orange juice
Lunch	½ cup whole milk Sandwich: ½ ounce ham, ½ ounce cheese, 1 slice whole grain bread 2 tablespoons cooked carrots ½ banana
Snack	½ cup fruit yogurt ¼ cup granola Water
Dinner	½ cup whole milk 1½ ounces chicken 2 tablespoons green beans 2 tablespoons mashed potatoes 2 tablespoons gravy 1 whole grain dinner roll ½ teaspoon margarine
Snack	¼ cup applesauce 2 graham crackers ½ cup whole milk

1,396 kcal; 60 g protein; 190 g carbohydrates; 17 g fiber; 49 g fat.

Notes: