

Suggested Serving Guide for Toddlers

Vegetables

1/4 cup cooked vegetables,
1/2 potato/carrot,
1/4 cup root vegetables,
1/2 cup salad vegetables.

3 - 4 serves per day

Meat and Alternatives

30g cooked meat/chicken,
1 slice roast meat,
1 egg,
1/4 cup baked beans/legumes,
40-60g cooked fish fillet,
Tofu

3 serves per day

Breads and Cereals

1 slice, bread,
1/2 bread roll,
2 - 4 savoury crackers,
1/4 - 1/2 cereal flakes,
1/2 cup porridge,
1 cereal biscuit,
1/2 cup pasta/rice/noodles.

4 - 5 serves per day

Fruit

1/2 medium fruit (pear/apple),
1 small piece (apricot/plum),
1/2 cup canned fruit,
1/4 cup juice diluted,
1 tbsp sultanas/dried fruit.

2 serves per day

Dairy Food

250ml milk,
200g yogurt,
200ml custard,
40g cheese (2 slices).

Full fat to age 2.

2 serves per day

Fats and Oils

2 tsp.

3 serves per day

Variety is the key step for a toddlers growth and development. The difficult step is getting the right balance of energy and nutrients. Good food habits in toddlerhood can last a lifetime. Remember this is a guide and every toddler is unique with different energy and metabolism levels. Flax seed oil can be given 1 teaspoon per day from 6 to 9mths.