how much food should I offer my toddler each day?
fruits
vegetables
grains
protein
dairy
1 year old
3 or more servings
3 or more servings
5 to 6 servings
2 to 3 servings
4 servings
2 to 3 servings (2 ounces each day)
4 servings (16 ounces each day)
protein
1 to 2 tablespoons chopped meat, fish or chicken
½ to 1 egg
2 to 4 tablespoons cooked and mashed beans or tofu
dairy
4 ounces milk
4 ounces yogurt
1 slice American cheese
2 tablespoons shredded cheese
sit and eat together
Your toddler will eat better when others eat with him.
Eat meals and snacks in the kitchen, at the table or counter. Don't let your toddler walk around the house while eating.
State of Wisconsin
Department of Health Services
Division of Public Health
P-00723 (08/2014)
a healthy toddler plate
for 1 to 2 year old toddlers
Make half of your toddler's plate fruits and vegetables
Offer small pieces of soft fruits and cooked veggies as finger foods.
Choose whole grains for at least ½ of your toddler's grain foods.
Serve a variety of lean protein foods
Choose chopped or ground meats that are easy to chew and swallow.
Serve milk at meals
Wean from the bottle by 12 to 14 months.
cottage cheese
"I can feed myself"
Let your toddler eat foods with his fingers and a child size spoon. Use a bowl or dish with sides.
Use a sippy cup. Practice with a cup without a cover.
make memories together
Offer finger foods. Chop soft table foods into small pieces.
Your toddler learns how to eat by playing with food.
Eat together and have fun!
what is in my cup?
A toddler could drink too many liquids and not be hungry at mealtimes.
16 ounces of milk each day is enough. Limit juice to 4 ounces or less each day.
Offer water when thirsty.
keep trying
If your toddler refuses to eat a new food, offer it again at a later meal or snack.
He may need to try a new food many times before he likes it.
Toddlers who eat a variety of foods are less likely to be fussy eaters later.
Eat a variety of healthy foods, and he will too! You are your toddler's first teacher.