

Healthy Feeding for your Toddler (2-3 years old)

Create Calm Meals:

- Toddlers love routine. Serve meals and snacks at about the same time each day.
- Toddlers should always sit at the table to eat and drink. Serve food only at meal or snack times.
- Sit at the table with your child during meals and turn off the TV.
- Allow your toddler to pick up the food and feed themselves
- If your toddler has stopped eating, don't make them stay longer in hopes that they will eat more. Aim for no more than 20 minutes per meal.
- Serve a variety of foods including foods that your toddler has refused to eat in the past. Your toddler may need time to get used to a new food before they touch, taste, or eat it.

Prevent Choking:

- Don't give your toddler hard-to-chew foods such as hot dogs, whole grapes, cherry tomatoes, meat chunks, raw carrots, nuts and popcorn
- Don't let your child walk, run or play with food in their mouth. They should be sitting when they are eating.

Servings by Meal:

Breakfast:

Try a fruit, grain, and milk or try a fruit, grain and meat/other protein

Lunch:

Aim for a serving from each food group: milk, a fruit/vegetable, a grain, and a meat/other protein

Dinner:

Aim for a serving from each food group: milk, a fruit/vegetable, a grain, and a meat/other protein

Snacks (2 per day):

Mix it up so that you get the total daily servings from every food group.

Sample Menu:

Breakfast:

1/3 cup cereal, 1/2 cup 2% milk, 1 small orange

Lunch:

1/2 cup of 2% milk, 1/2 ham and cheese sandwich, 1/3 cup cooked carrots, 1/2 banana

Dinner:

1/2 cup 2% milk, 2 ounces of chicken, 1/3 cup green beans, 1/3 cup mashed potatoes, 1/2 cup of milk

Snacks:

1/3 cup of applesauce, 2 graham crackers, 1/3 cup mango cubes

Serving Sizes for 2-3 year old Toddlers

Food Groups	Servings Per Day	Example	Serving Size
Grains and Starches	4	Bread Slice	½
		Bun or Bagel	½
		Tortilla (corn)	½
		Crackers	3
		Cereal	1/3 cup
		Rice	1/3 cup
		Pasta	1/3 cup
		Potatoes or Corn	1/3 cup
Fruits	2-3	Small fruit (plum)	½
		Cooked or Canned	1/3 cup
		Juice	1/3 cup
Vegetables	2-3	Cooked or canned	1/3 cup
Dairy	4	Milk	½ cup
		Yogurt	½ cup
		Cottage Cheese	½ cup
		Shredded Cheese	2 tablespoons
		Cheese	½ slice
Meat and Other Protein Foods	2	Lean meat, chicken fish	1 tablespoon or ½ ounce
		Beans (pinto, black)	2 tablespoons
		Egg	1
Fats	4	Oil or margarine	1 teaspoon

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Author: Nutrition | Approved by Patient Education Committee | Valid through 2020

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