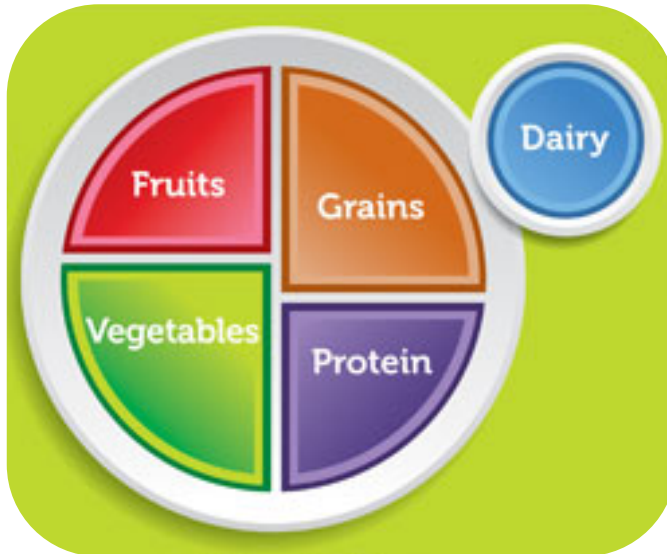


Healthy Portions for Toddlers

I need the same healthy foods as you
But in much smaller portions!



Help me be healthy!
Don't overfeed me!

Toddlers need about 1,000 calories a day.

Toddler portions should be ½ of adult portions

Limit juice, snacks and desserts.
They fill small stomachs and take up room for nutrient rich foods.

What should I eat?

Grains: 3 oz per day

- 1 oz = 1 slice bread
- 1 oz = ½ cup cereal
- 1 oz = ¼ cup rice
- 1 oz = ¼ cup pasta

Dairy: 2 Cups per day

- 1 cup = 8 oz milk
- ½ cup = 1 oz cheese
- ½ cup = 4 oz yogurt

Protein: 2 oz per day

- beef, fish, poultry
- 1 oz = 1 cooked egg
- 1 oz = ¼ cup beans

1 oz beef, fish, or chicken is about the size of a small box of raisins

Fruit: 1 or more cups per day

- chopped Fresh
- cooked
- canned

Vegetables: 1 or more cups per day

- chopped fresh
- cooked
- canned

