HEALTHINFO



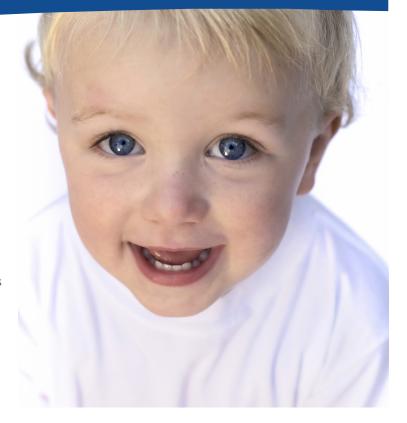
MATERNAL AND CHILD HEALTH

Sample Menus For My Toddler

12 to 24 months

How much should my toddler eat?

- There are no recommended number of servings for toddlers under 24 months
- Offer a variety of foods from each food group in Canada's Food Guide every day
- Use the following chart as a guide on how much to offer
- Eat as a family as much as possible, free from distractions like electronics and toys.
- Trust your toddler's tummy! It's the parent's job to decide what food is offered, where and at what time. It's your child's job to decide what foods to eat and how much.
- Never force, bribe or pressure your child to eat.



Food Group

Vegetables and Fruit

Offer a variety of colours – especially green and orange



Suggested Serving Size

- 1/4 1/2 medium vegetable or fruit
- 15 60 mL (I- 4 tbsp) cooked vegetables or fruit, or grated or chopped raw vegetables or fruit
- 30-60 mL (1 − 2 oz) 100% juice
- 1/4 1/2 slice bread
- 1/8 1/4 bagel, pita or tortilla
- 30 100 mL (2 tbsp $-\frac{1}{2}$ cup) cooked cereal
- 15 60 mL (1 -4 tbsp) cooked pasta, rice or couscous
- 60 125 mL ($\frac{1}{4} \frac{1}{2}$ cup or 2- 4 oz) homo (3.25%) milk or breastmilk
- ½ I oz cheese
- 30 -100g (2 tbsp ½ cup yogurt)



Milk and Alternatives

Offer 500 mL (16 oz) of homo milk each day



Meat and Alternatives

Offer fish at least twice a week.

Offer alternatives like beans, lentils and tofu often

- I-4 tbsp ($\frac{1}{4}-I$ $\frac{1}{4}$ oz) cooked fish, poultry or meat
- I $tbsp \frac{1}{2}$ cup tofu, cooked beans or lentils
- ¼ I egg
- I tsp I tbsp peanut butter or other nut butters







Sample Menus

- These menus give an example of how to put together nutritionally balanced meals
- Offer at least **three** out of the four food groups at every meal and **two** out of the four food groups at every snack
- · Meals and snacks should be scheduled regularly throughout the day. Offer only water in between

Food Group	Day I	Day 2	Day 3
Breakfast	Scrambled egg Whole grain English Muffin with margarine Milk	Whole grain toast with thinly spread peanut butter Banana slices Milk	Oatmeal Applesauce Milk
Morning Snack	Canned peaches Yogurt	Dry cereal Grapes cut in quarters	Crackers Cheese
Lunch	Vegetable soup Grilled cheese sandwich Milk	Baked salmon Cooked rice Cooked broccoli Sliced peaches Milk	Vegetarian chilli with beans and cheese Whole grain bun Milk
Afternoon Snack	Pear slices Cottage cheese	Tomato slices Cheese cubes	Cantaloupe Yogurt
Dinner	Cooked chicken Baked sweet potato Bread with margarine Peas Milk	Bean salad Whole grain crackers Cooked green beans Milk	Pasta with tomato and meat sauce Strawberries Milk
Evening Snack	Fruit salad Milk	Hard boiled egg Milk	Orange Milk

Where Can I Find More Information?

Haldimand-Norfolk Health Unit www.hnhu.org

Eat Right Ontario www.eatrightontario.ca

Speak with a Registered Dietitian for free by calling 1-877-510-5102

Adapted from: Eat Right Be Active, 2009, Nutrition Resource Centre. Updated January 2015





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