







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 | Suggested Serving Size |
|---|--|
| Vegetables and Fruit Offer a variety of colours – especially green and orange  | <ul style="list-style-type: none"> • $\frac{1}{4}$ - $\frac{1}{2}$ medium vegetable or fruit • 15 – 60 mL (1- 4 tbsp) cooked vegetables or fruit, or grated or chopped raw vegetables or fruit • 30-60 mL (1 – 2 oz) 100% juice |
|  Grain Products Offer whole grains | <ul style="list-style-type: none"> • $\frac{1}{4}$ - $\frac{1}{2}$ slice bread • $\frac{1}{8}$ – $\frac{1}{4}$ 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 |
| Milk and Alternatives Offer 500 mL (16 oz) of homo milk each day  | <ul style="list-style-type: none"> • 60 – 125 mL ($\frac{1}{4}$ – $\frac{1}{2}$ cup or 2- 4 oz) homo (3.25%) milk or breastmilk • $\frac{1}{2}$ - 1 oz cheese • 30 -100g (2 tbsp – $\frac{1}{2}$ cup yogurt) |
|  Meat and Alternatives Offer fish at least twice a week. Offer alternatives like beans, lentils and tofu often | <ul style="list-style-type: none"> • 1 – 4 tbsp ($\frac{1}{4}$ – 1 $\frac{1}{4}$ oz) cooked fish, poultry or meat • 1 tbsp – $\frac{1}{2}$ cup tofu, cooked beans or lentils • $\frac{1}{4}$ - 1 egg • 1 tsp – 1 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 1 | 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



HealthUnit
Haldimand-Norfolk
www.hnhu.org • info@hnhu.org

Simcoe:
P.O. Box 247,
12 Gilbertson Dr.,
Simcoe, ON N3Y 4L1
519-426-6170 or 905.318.6623

Caledonia:
282 Argyle St. S,
Caledonia, ON N3W 1K7
905.318.5367

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