



Sample Menus For My Toddler





12 to 24 months

Exclusive breastfeeding is recommended for the first 6 months of life. Continue to breastfeed on demand up to two years and beyond.

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
- Eat as a family as much as possible, free from distractions like toys, the TV, and other electronics.
- Trust your toddler's tummy! It's the parent's job to decide what food is offered, where and when. It's your child's job to decide what foods to eat and how much.
- Never force, bribe or pressure your child to eat.
- Use the following chart as a guide on how much to offer



Food Group	Suggested Serving Size
Vegetables and Fruit Offer a variety of colours – especially green and orange 	<ul style="list-style-type: none"> • ¼ - ½ 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"> • ¼ - ½ slice bread • ⅛ – ¼ bagel, pita or tortilla • 30 – 100 mL (2 tbsp – ½ 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 (¼ – ½ cup or 2- 4 oz) homo (3.25%) milk or breastmilk • ½ - 1 oz cheese • 30 -100g (2 tbsp – ½ 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 (¼ – 1 ¼ oz) cooked fish, poultry or meat • 1 tbsp – ½ cup tofu, cooked beans or lentils • ¼ - 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 water between meals. Milk or juice between meals can decrease your toddler's appetite.

Food Group	Day 1	Day 2	Day 3
Breakfast	Scrambled egg Whole grain English Muffin with margarine Milk in a cup or breastmilk	Whole grain toast with thinly spread peanut butter Banana slices Milk in a cup or breastmilk	Oatmeal Applesauce Milk in a cup or breastmilk
Morning Snack	Canned peaches Yogurt Water	Whole grain cereal Grapes cut in quarters Water	Whole grain crackers Cheese cubes Water
Lunch	Vegetable soup Grilled cheese sandwich Milk in a cup or breastmilk	Baked salmon Cooked rice Cooked broccoli Sliced peaches Milk in a cup or breastmilk	Vegetarian chilli with beans and cheese Whole grain bun Milk in a cup or breastmilk
Afternoon Snack	Pear slices Cottage cheese Water	Tomato slices Cheese cubes Water	Cantaloupe Yogurt Water
Dinner	Cooked chicken Baked sweet potato Whole wheat bread with margarine Peas Milk in a cup or breastmilk	Bean salad Whole grain crackers Cooked green beans Milk in a cup or breastmilk	Pasta with tomato and meat sauce Strawberries Milk in a cup or breastmilk
Evening Snack	Fruit salad Milk in a cup or breastmilk	Hard boiled egg Ripe melon pieces Milk in a cup or breastmilk	Blueberries Homemade mini muffin Milk in a cup or breastmilk

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 August 2016



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