

toddler Feeding Chart



Foods	1 Year (+)	2 Year (+)	3 Year (+)	Finger Food Suggestions	Nutrients: Why It's Needed
Milk & Dairy	24-29 oz. per day (milk, formula, or breast milk)	2 cups per day	2 cups per day	Whole milk, small squares of soft cheese, hard boiled eggs, cottage cheese (add fruit), yogurt	Calcium & Vitamin D – strong bones and teeth
Bread & Grains	1-3 oz. per day (easily chewable foods; chop or mash if necessary)	3 oz. per day	4-5 oz. per day	Lightly buttered toast (cut into fours), saltines, pretzel rods, graham crackers, cold cereals (avoid sugar-coated, honey-coated, chocolate flavored), hot cereals, cooked spaghetti & macaroni	Iron – helps blood carry oxygen to cells and muscles Fiber – prevents constipation
Fruit	½ -1 cup per day (easily chewable foods; chop or mash if necessary)	1 cup per day	1-1½ cups per day	Peeled apples, pears, oranges, or peaches, canned mandarin oranges, fruit cocktail, strawberries (halved), blueberries, grapes (halved & seedless), watermelon (pitted & cut), bananas	Vitamin A, C – supports vision, strengthens immune system, aids in iron absorption
Vegetables	½ -1 cup per day (easily chewable foods; chop or mash if necessary)	1 cup per day	1½ cups per day	Cooked carrots &/or sweet potatoes, peas, pickle spears, mashed potatoes, green beans, broccoli or asparagus tips, ripe avocado, cut-up lettuce, cherry tomatoes (halved), cauliflower	Iron, Vitamin A & C
Meat & Poultry	1-2 oz. per day (easily chewable foods; chop or mash if necessary)	2 oz. per day	3-5 oz. per day	Small meatballs, hamburger, diced chicken or turkey, tuna, ham (cut-up), lunch meats, fish without bones, soft-cooked beans, well-cooked ribs, veal	Protein – supports growth and development Choline – supports brain development
TIPS 😊	<u>12-18 months</u> : Trying utensils in various ways, first-year molars have come in to aid with chewing, able to tilt sippy cup backwards with both hands, more independent eating.	<u>19-24 months</u> : Varied eating habits, may hesitate with new foods (keep trying), no longer need highchair (begin using booster seat).	Milk & water are the healthiest drink choices. If you offer other drinks, limit them to 4-6 ounces a day of 100% juice &/or low fat, low-sugar flavored milk.	** Picky-eaters: Introduce a variety of foods multiple times, in multiple ways. Toddlers are still developing their tastes & adjusting to various textures & flavors.	Attempt different approaches with food & help them begin to develop making their own healthy choices.

Monitor the new foods that you introduce and take your time with each new food, paying special attention to any possible allergic reaction(s). Consult your pediatrician's office if you have questions or concerns regarding common food allergens.

Use the chart as a guide, but trust your own judgment and a toddler's cues to tell if he or she is satisfied and getting adequate nutrition. Nutrition is all about averages so don't panic if you don't hit every mark every day — just strive to provide a wide variety of nutrients in your child's diet.