

# DAILY TODDLER NUTRITION CHART

## GRAINS

3 servings

- 1 slice bread
- ½ cup cooked grains
- 1 oz (30 g) dry grains
- 5 whole wheat crackers
- 1 tortilla



## DAIRY

2 servings

- 1 cup milk
- 1 cup yogurt
- 2 cups cottage cheese
- ½ cup ricotta cheese
- 1.5 oz (42 g) hard cheese
- ⅓ cup shredded cheese



## FATS

3 servings

- 1 tsp oil
- 1 tsp butter
- 1 tsp nuts/nut butter



## FRUIT

1 serving

- 1 banana
- 1 medium apple/pear/orange
- 1 cup berries
- 2 plums/peaches/apricots
- 1 cup watermelon
- ½ cup dried fruit
- ¾ cup 100% fruit juice



## VEGGIES

1 serving



- 1 cup cooked dark green leafy veggies
- 2 cups raw dark green leafy veggies
- 1 potato
- 1 cup chopped raw veggies
- 1 cup cooked sweet potato/butternut squash/pumpkin

## PROTEIN

2 servings

- 1 oz (30 g) meat/fish/poultry
- 1 egg
- 2 tbsp hummus
- ¼ cup cooked beans/peas/tofu

