

1-2 Year Old Toddler Meal Plan / Food Chart

Food group	Servings	Serving Size
Grains	1 ³ / ₄ - 3	<ul style="list-style-type: none"> • 1 slice bread • ½ cup cooked grains (barley, buckwheat, bulgur, couscous, oatmeal, pasta, quinoa, rice) • 1 oz (30 g) dry grains • 5 whole wheat crackers • 1 tortilla • 1 big pancake or 2 small pancakes
Fruit	½ - 1	<ul style="list-style-type: none"> • 1 banana • 1 medium apple/pear/orange • 2 plums/peaches/apricots/kiwis • 1 cup watermelon/pineapple/strawberries/papaya/mango/grapes • ½ cup dried fruit • 1 cup 100% fruit juice • 1 cup applesauce • 5 fresh figs or 10 dried figs • 10 dates
Vegetables	2 ² / ₃ - 1	<ul style="list-style-type: none"> • 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 • 1 cup corn • 1 avocado • 1 cup cooked beans, peas or lentils
Protein food	2	<ul style="list-style-type: none"> • 1 oz (30 g) cooked fish, poultry or meat • 1 oz (30 g) canned fish • 1 egg • 6 tbsp hummus • ¼ cup cooked beans/peas/tofu • ½ oz (15 g) nuts or seeds • 1 tbsp nut butter
Dairy	1 2 ² / ₃ - 2	<ul style="list-style-type: none"> • 1 cup milk • 1 cup calcium-fortified soy milk • 1 cup yogurt • 2 cups cottage cheese • ½ cup ricotta cheese • 1½ oz (42 g) hard cheese • ½ cup shredded cheese
Fats	2 - 3	<ul style="list-style-type: none"> • 1 tsp oil • 1 tsp butter • 1 tsp nuts/nut butter