

# 2-4 Year Old Toddler Meal Plan / Food Chart

Food group	Servings	Serving Size
<b>Grains</b>	3 - 5	<ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• ½ cup cooked grains (barley, buckwheat, bulgur, couscous, oatmeal, pasta, quinoa, rice)</li> <li>• 1 oz (30 g) dry grains</li> <li>• 5 whole wheat crackers</li> <li>• 1 tortilla</li> <li>• 1 big pancake or 2 small pancakes</li> </ul>
<b>Fruit</b>	1 - 1½	<ul style="list-style-type: none"> <li>• 1 banana</li> <li>• 1 medium apple/pear/orange</li> <li>• 2 plums/peaches/apricots/kiwis</li> <li>• 1 cup watermelon/pineapple/strawberries/papaya/mango/grapes</li> <li>• ½ cup dried fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• 1 cup applesauce</li> <li>• 5 fresh figs or 10 dried figs</li> <li>• 10 dates</li> </ul>
<b>Vegetables</b>	1 - 2	<ul style="list-style-type: none"> <li>• 1 cup cooked dark green leafy veggies (2 cups raw dark green leafy veggies)</li> <li>• 1 potato</li> <li>• 1 cup chopped raw veggies</li> <li>• 1 cup cooked sweet potato/butternut squash/pumpkin</li> <li>• 1 cup corn</li> <li>• 1 avocado</li> <li>• 1 cup cooked beans, peas or lentils</li> </ul>
<b>Protein food</b>	2 - 5	<ul style="list-style-type: none"> <li>• 1 oz (30 g) cooked fish, poultry or meat</li> <li>• 1 oz (30 g) canned fish</li> <li>• 1 egg</li> <li>• 6 tbsp hummus</li> <li>• ¼ cup cooked beans/peas/tofu</li> <li>• ½ oz (15 g) nuts or seeds</li> <li>• 1 tbsp nut butter</li> </ul>
<b>Dairy</b>	2 - 2½	<ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup calcium-fortified soy milk</li> <li>• 1 cup yogurt</li> <li>• 2 cups cottage cheese</li> <li>• ½ cup ricotta cheese</li> <li>• 1½ oz (42 g) hard cheese</li> <li>• ⅓ cup shredded cheese</li> </ul>
<b>Fats</b>	3 - 4	<ul style="list-style-type: none"> <li>• 1 tsp oil</li> <li>• 1 tsp butter</li> <li>• 1 tsp nuts/nut butter</li> </ul>