



NUTRITION FACTS

One Year

- Continue with table foods. Avoid hard foods that may lead to choking (peanuts, popcorn) and cut all firm round food into small pieces (hot dogs, grapes, carrots).
- Your baby should eat three meals a day (breakfast, lunch, and dinner) as well as three snacks a day. The amount of food eaten at each meal can vary. Offer a variety of healthy foods and snacks. Allow your child to decide when she is full. Provide more if requested.
- All foods can be given at this age, except for honey and whole milk.
- Continue to encourage cup drinking and start to transition off the breast or bottle.
- Family meal time is encouraged. Allow your child adequate time for eating and don't worry about messes. Introduce age appropriate utensils.
- Transition to whole milk can occur now, with a goal of 12-18 oz. a day.

Toddlers

Here's an average toddler-sized meal:

- One ounce of meat, or 2 to 3 tablespoons of beans
- One to 2 tablespoons of vegetable
- One to 2 tablespoons of fruit
- One-quarter slice of bread

Average Daily Intake for a Toddler

Food Group	Servings Per Day	Number of Calories Per Day	One Serving Equals
Grains	6	250	<ul style="list-style-type: none"> • Bread – ¼ to ½ slice • Cereal, rice, pasta (cooked) – 4 tbsps. • Cereal (dry) – ¼ cup • Crackers – 1 to 2
Vegetables	2 to 3	75	<ul style="list-style-type: none"> • Vegetables (cooked) - 1 tbsp. for each year of age
Fruits	2 to 3	75	<ul style="list-style-type: none"> • Fruit (cooked or canned) – ¼ cup • Fruit (fresh) – ½ piece • Juice – ¼ to ½ cup (2-4 oz)
Dairy	2 to 3	300-450	<ul style="list-style-type: none"> • Milk – ½ cup • Cheese – ½ oz. (1-inch cube) • Yogurt – ½ cup
Protein (meat, fish, poultry, tofu)	2	200	<ul style="list-style-type: none"> • 1 oz. (equal to two 1-inch cubes of solid meat or 2 tbsps. of ground meat) • Egg – ½ any size, yolk and white
Legumes (dried beans, peas, lentils)	2	200	<ul style="list-style-type: none"> • Soaked and cooked – 2 tbsps. (½ cup)
Peanut butter (smooth only)		95	<ul style="list-style-type: none"> • Spread thin on bread toast or cracker - 1 tbsp.