

Treehouse "Tots"

Feeding Your Toddler

Sample Menu For The Two Year Old

What to expect at mealtime:

- is growing more slowly, so his or her appetite can be smaller
- uses a spoon well and insists on "doing it myself"
- likes food cut into bite size pieces
- shows his or her independence in food "likes" and "dislikes"
- can sit in a booster seat at the table
- is still messy
- copies others

Servings

Sample Menu

Breakfast

- 1 Meat & Alternatives
- 1 Grain Product
- 1 Milk Product
- 1 Vegetables & Fruit

- 1 egg
- 1/2-1 slice toast
- 1/3 cup (75mL) unsweetened juice
- 4-6 oz. (125-175mL) milk

Snack

- 1 Grain Product
- 1 Vegetables & Fruit

- 3-5 crackers
- 1/2-1 fruit or 1/4-1/2 cup (50-125mL) fruit juice

Noon Meal

- 1 Milk Product and 1 Grain Product
- 1 Vegetables & Fruit
- 1 Grain Product
- 1 Milk Product

- 1/3-2/3 cup (75-150mL) macaroni & cheese
- 1/4-1/3 cup (50-75mL) cooked broccoli
- 1 oatmeal raisin cookie
- 4 oz. (125mL) milk

Snack

- 1 Grain Product
- 1 Milk Product

- 15-30g (about 1/3-1/2 cup, 75-125mL) cereal
- 4 oz. (125mL) milk

Supper

- 1 Meat & Alternatives
- 1 Vegetables & Fruit
- 1 Grain Product
- 1 Milk Product

- 2-4 Tbsp. (30-60mL) cooked meat, fish, poultry, or legumes
- 1/4-1/3 cup (50-75mL) potatoes
- 1/4-1/3 cup (50-75mL) grated raw carrots
- 1 apple cinnamon mini muffin or 1-2 "social tea" cookies
- 1/4-1/3 cup (50-75mL) yogurt or milk pudding
- 4 oz. (125mL) milk

Offer water to drink 4-5 times a day (6-8 times a day in hot weather)

