

Food and meal ideas for toddlers 1 to 2 years old

By 1 year of age, toddlers can have the same variety of nutritious foods as the rest of the family. The amount of food required by toddlers will vary depending on their different activity levels and their stage of growth. If a child is meeting the appropriate growth and development milestones, this usually is a good indication that food intake is appropriate for the child.



The table below shows the recommended dietary intake for toddlers aged 1 - 2 years.

Food	Serve size	Serves a day
Vegetables and legumes/beans	75g	2 - 3
Fruit	150g	½
Grain (cereal) foods	40g bread equivalent	4
Lean meat, poultry, fish, eggs, tofu	65g meat equivalent	1
Milk, yoghurt, cheese and/ or alternatives	250 mls milk equivalent	1 - 1½

An allowance for unsaturated spreads or oils or nut/seed paste of 1 serve (7 - 10g or 1 ½ - 2 tsp) per day is included. Whole nuts and seeds are not recommended at this age because they may cause choking.






Helpful hints

- Offer water in a cup throughout the day.
- Due to an increased risk of inhalation and choking, foods such as whole nuts, seeds, raw carrot, celery sticks and chunks of apple should be avoided for the first three years of your child's life.

These meal plans provide a guide to the amount & types of food 1-2 year olds need to eat to meet the minimum dietary intake requirements in a day.

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1 – 2 year olds	Option one	Option two	Option three
Breakfast	<p>¼ cup (dried) porridge or breakfast wheat biscuits ½ cup (125 mls) full cream</p>  <p>1 ½ with milk</p>	<p>1 slice raisin toast with spread & ½ cup (125 mls) full cream milk</p>	<p>1 chopped, mashed or boiled egg with 1 slice wholemeal toast</p>
Morning tea	<p>½ small pita bread pocket with spread & ½ medium tomato, sliced</p>	<p>½ banana</p> 	<p>½ stewed apple or pear with small tub (100g) plain unsweetened yoghurt</p>
Lunch	<p>½ cup baked beans (reduced salt) with 1 slice wholemeal bread</p> 	<p>1 slice wholemeal bread with 1 heaped tbsp cream cheese & 1 cup grated carrot, lettuce, tomato, corn & celery</p>	<p>Pizza melt – ½ English muffin topped with ¼ - ½ cup vegetables (e.g. tomato & mushrooms slices) & 30g meat slices e.g. ham. Sprinkle with 20g grated cheese & grill until cheese has melted.</p>
Afternoon tea	<p>Small tub (100ml) plain unsweetened yoghurt with ¼ cup canned unsweetened diced fruit</p>	<p>1 pikelet with spread</p> 	<p>1 small fruit scone with spread</p>
Dinner	<p>1 small piece lean meat (65g) with ¼ - ½ cup mashed pumpkin, sweet potato, beans & broccoli with 1/3 cup cooked rice</p>	<p>Tuna & pasta bake (made with 1 small/100g can tuna & ½ cup cooked pasta shapes) served with ½ - 1 cup cooked vegetables e.g. cauliflower, broccoli & corn.</p>	<p>Spinach & lentil dahl (include ¼ - ½ cup cooked lentils/beans, ½ medium potato with spices), with ½ cup cooked rice</p> 
Throughout the day	<p>Optional: extra ½ cup (125 mls) full cream milk as a drink</p>	<p>Optional: extra 100 mls plain unsweetened yoghurt</p>	<p>Optional: extra ½ cup (125 mls) full cream milk as a drink</p>



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NAQ NUTRITION (formerly trading as Nutrition Australia Qld) | web www.naql.org
6/100 Campbell St, Bowen Hills Qld 4006 | ph 07 3257 4393 fax 07 3257 4616 email
foodfoundations@naql.org

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FS48_Daily Meal Plans for 1-2 year olds