

LEAPS






learning eating active play sleep

Daily Meal Plan

Toddlers aged 1 to 2 years

The 2013 Australian Dietary Guidelines recommend the following dietary intake for health and development.

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Food	Serves per day
Vegetables and legumes/beans 	2-3
Fruit 	½
Grain (cereal) foods 	4
Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans 	1
Milk, yoghurt, cheese and/or alternatives 	1-1½

- Children from 1 – 2 years can include 1 serve (7 – 10g) per day allowance of unsaturated spreads and oils
- Whole nuts and seeds are not recommended for children of this age because of the potential choking risk. However nut pastes and nut spreads can be offered to infants from around 6 months of age

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Toddlers aged 1 to 2 years

Here is an example meal plan for a child 1 - 2 years of age:

Breakfast: 1 slice raisin/fruit toast



Morning Tea: 100g yoghurt and 1 small piece of fruit e.g. kiwi fruit or ½ apple



Lunch: Egg and lettuce sandwich



Afternoon Tea: 1 crumpet with jam



Dinner: 1 small chicken patty with ½ cup mashed potato and ½ cup cooked vegetables



Supper: 1 cup milk



Important tips:

- Ensure water is available at all times throughout the day
- Seasonal fruit and vegetables are usually better quality, tastier and cheaper
- Encourage children to eat a variety from all of the food groups each day
- Limit the number of discretionary foods children eat