

# FOOD AND MEAL IDEAS FOR 1 TO 2 YEAR OLD CHILDREN



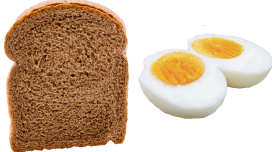















Food	Serving size	Recommended daily serves
Vegetables & Legumes	75g	2 - 3
Fruit	150g	½
Grains & Cereals	40g bread equivalent	4
Lean Meat & alternatives	65g meat equivalent	1
Dairy & alternatives	250mL milk equivalent	1 - 1 ½
Fluid		1.0 L

→ Use these recommendations as a guide!

→ Offer water in a cup throughout the day. This age group needs about **4 cups of water daily**.

→ There is an allowance of 1 serve of unsaturated spreads/oils or nut/seed pastes (1 ½ - 2 tsp)

→ Discretionary foods should be limited to no more than ½ a serve

	OPTION 1	OPTION 2	OPTION 3
<b>BREAKFAST</b>	 ¼ cup oats (dried) for porridge + ½ cup full cream milk	 1 slice raisin toast + spread ½ cup full cream milk to drink	 1 slice wholemeal toast + 1 boiled egg
<b>MORNING TEA</b>	 ½ small pita pocket + spread + ½ medium tomato (sliced)	 ½ banana	 100g plain yogurt + ½ stewed apple/pear
<b>LUNCH</b>	 1 slice wholemeal toast + ½ cup reduced salt baked beans	 1 slice wholemeal bread + 1 heaped tbsp cream cheese + 1 cup grated carrot, lettuce, tomato, corn	 Pizza melt - ½ English Muffin + ¼-½ vegetables (e.g. tomato + mushroom) + 30g ham + 20g cheese
<b>AFTERNOON TEA</b>	 100g plain yogurt + ¼ cup canned unsweetened diced fruit	 1 pikelet + spread	 1 small fruit scone + spread
<b>DINNER</b>	 1 small piece lean meat (65g) + ¼-½ cup mashed pumpkin, sweet potato, beans + broccoli + ½ cup cooked rice	 Tuna pasta bake - ½ cup pasta + 100g tinned tuna + ½ - 1 cup steamed veg	 Spinach + Lentil Dahl - ¼-½ cup cooked lentils/beans + ½ medium potato + ½ cup cooked rice
<b>OPTIONAL</b>	 ½ cup full cream milk to drink	 100g plain yogurt	 ½ cup full cream milk to drink