











FOOD AND MEAL IDEAS FOR 2 TO 3 YEAR OLD CHILDREN

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

- Use these recommendations as a guide!
- From 2 years, children can start having reduced fat milk like the rest of the family.
- Always have water available. This age group needs about **4 cups of water daily**.
- There is an allowance of ½ a serve of unsaturated spreads/oils or nut/seed pastes (1 tsp)
- Discretionary foods should be limited to no more than ½ a serve

	OPTION 1	OPTION 2	OPTION 3
BREAKFAST	 <p>1 ½ wheat biscuit + ½ cup reduced fat milk</p>	 <p>1 slice wholemeal toast + ½ cup reduced salt baked beans ½ cup milk to drink</p>	 <p>⅓ cup breakfast cereal flakes + ½ cup reduced fat milk</p>
MORNING TEA	 <p>2 wheat crackers + ¼ mashed avocado + 1 slice cheese + sliced tomato</p>	 <p>1 slice fruit toast + jam</p>	 <p>1 crumpet + honey</p>
LUNCH	 <p>½ small pita made into 2 pockets + 20g cheese + ½ cup lettuce + tomato</p>	 <p>1 medium wrap + 40g chicken breast + ½ cup salad</p>	 <p>Egg (1) + Lettuce Sandwich</p>
AFTERNOON TEA	 <p>2 chopped kiwi fruits</p>	 <p>100g plain yogurt + 1 orange</p>	 <p>100g plain yogurt + 1 cup fruit salad</p>
DINNER	 <p>Spaghetti bolognese (½ cup spaghetti + 65g meat) + ½ cup salad</p>	 <p>Tuna pasta bake (½ cup pasta + 50g tinned tuna + 20g cheese) + ½ cup steamed veg</p>	 <p>½ baked potato + 1 medium slice lamb roast + ½ cup steamed veg ½ cup milk to drink</p>