



Feeding Your Toddler

Sample Menu For The Three and Four Year Old

What to expect at mealtime

- likes to help in kitchen and set the table
- uses a fork
- likes to identify groceries
- is influenced by TV ads
- enjoys foods in different shapes and colours

Servings

Breakfast

- 1 ½ Grain Product
- 1 Milk Product
- 1 Vegetables & Fruit

Snack

- 1 Grain Product
- 1 Milk Product

Noon Meal

- 1 Meat & Alternatives, ½ Milk Product
- 1 - 2 Grain Products and ½ Vegetables & Fruit
- 1 Vegetables & Fruit
- 1 Milk Product

Snack

- 1 Grain Product
- 1 Milk Product

Supper

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

Sample Menu

- 1/3 - ½ cup (80 - 125 ml) unsweetened juice
- 15 - 30 g, about 1/3 - 2/3 cup (80 - 160 ml) cereal
- ½ slice toast
- 6 oz (175 ml) milk: some in cereal some in glass
- 3 - 5 crackers
- ½ - 1 fruit or 1/3 - 2/3 cup (80 - 125 ml) fruit juice
- 4 oz (25 ml) milk
- 1 - 2 english muffin pizzas with ham
- ½ - 1 fruit or 1/3 - 2/3 cup (80 - 125 ml) fruit juice
- 4 oz (125 ml) milk
- 15 - 30 g (about 1/3 - ½ cup, 80 - 125 ml) cereal
- 4 oz (125 ml) milk
- 2 - 4 Tbsp (30 - 60 ml) cooked meat, fish, poultry or legumes
- 4 - 6 Tbsp (60 - 80 ml) potatoes
- 4 - 6 Tbsp (60 - 80 ml) grated raw carrots
- 1 apple cinnamon mini muffin or 1 - 2 "social tea" cookies
- ¼ - 1/3 cup (60 - 80 ml) yogourt or milk pudding
- 4 oz (125 ml) milk

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

Back to Feeding Your Toddler