



## 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 1/2 Grain Product
- 1 Milk Product
- 1 Vegetables & Fruit

##### Snack

- 1 Grain Product
- 1 Milk Product

##### Noon Meal

- 1 Meat & Alternatives, 1/2 Milk Product
- 1 - 2 Grain Products and 1/2 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 - 1/2 cup (80 - 125 ml) unsweetened juice
- 15 - 30 g, about 1/3 - 2/3 cup (80 - 160 ml) cereal
- 1/2 slice toast
- 6 oz (175 ml) milk: some in cereal some in glass
- 3 - 5 crackers
- 1/2 - 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
- 1/2 - 1 fruit or 1/3 - 2/3 cup (80 - 125 ml) fruit juice
- 4 oz (125 ml) milk
- 15 - 30 g (about 1/3 - 1/2 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
- 1/4 - 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