

Daily Nutritional Needs For Toddlers 12-24 months



Cow's Milk

2-3 servings.
One serving =
1/2 cup whole Milk
1/2 cup yogurt
3/4 ounce cheese.

| | | |
|----------------|----------------|----------------|
| 4-8 oz serving | 4-8 oz serving | 4-8 oz serving |
|----------------|----------------|----------------|

Place stickers in the squares to mark each complete serving.

Tip: Laminate this chart and stick to your fridge for easy re-use!

Cereals & Grains

6 or more servings.
One serving =
1/2 slice bread
1/4 cup dry cereal
1/3 cup cooked cereal
1/3 cup cooked rice or pasta

| | | | | |
|-----------|-----------|-----------|-----------|-----------|
| 1 serving | 1 serving | 1 serving | 1 serving | 1 serving |
|-----------|-----------|-----------|-----------|-----------|

Vegetables

3 servings
One serving =
1/4 - 1/2 cup cooked or
raw veggies

| | | |
|-----------|-----------|-----------|
| 1 serving | 1 serving | 1 serving |
|-----------|-----------|-----------|

Fruit

2-4 servings
One serving =
1/4 cup canned fruit
1/2 cup fresh fruit
4 oz of 100% fruit juice

| | | | |
|-----------|-----------|-----------|-----------|
| 1 serving | 1 serving | 1 serving | 1 serving |
|-----------|-----------|-----------|-----------|

Meat/Protein

2-3 servings
One serving =
2 tbsp cooked meat, fish,
or poultry 1 egg
1/4 cup cooked beans

| | | |
|-----------|-----------|-----------|
| 1 serving | 1 serving | 1 serving |
|-----------|-----------|-----------|

Water

4 or more oz



| | | | |
|------|------|------|------|
| 1 oz | 1 oz | 1 oz | 1 oz |
|------|------|------|------|



**Winnie
the
Pooh**