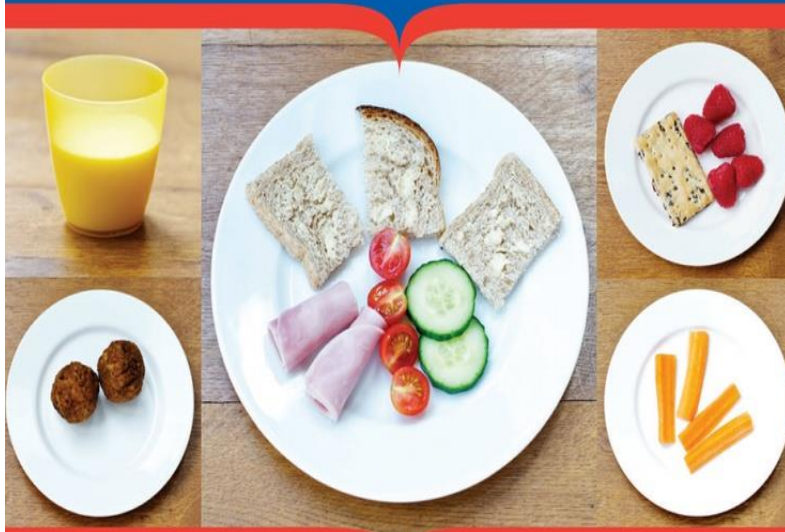


Diet Recommendations from 12-24 months

PORTION SIZES FOR TODDLERS 1-3 YEARS

www.infantandtoddlerforum.org



Food Group	Servings (per day)	One Serving Equals
Bread, cereal, rice, or pasta	6	A quarter slice of bread
Milk, cheese, yogurt	2-3	A half cup of milk
Meat, poultry, fish, beans, or eggs	2	2 one inch cubes of solid meat
Fruits	2-3	¼ cup
Vegetables	2-3	1 tbsp for each year of age

- Toddlers are small! Count 2 or 3 Tablespoons as a serving
- Use a child size cup, spoon, and plate with a rim and cut foods into bite size pieces before serving
- Offer soft, moist foods that are easy to chew and not too hot

Source: <https://www.infantandtoddlerforum.org/portion-sizes-table-2015>