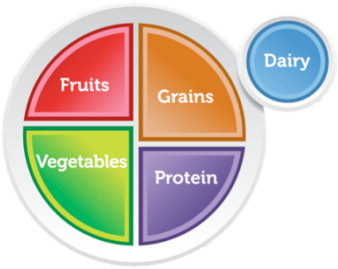
SUMMERVILLE
Family Health Team

Sample Menu for Your 1–2-Year-Old Child



Toddlers have small stomachs and need to eat often. Offer 3 meals and 2-3 snacks each day. Your child may eat more or less than the suggested portions below. The amount can vary from day to day, meal to meal. Trust that your child knows when they are hungry and when they are full.

Meal	Sample Menu #1	Sample Menu #2 - Vegetarian
Breakfast	½ cup whole grain, low sugar cereal[1] ½ cup whole milk (3.25% mf)[2] ¼ - ½ banana	½ - 1 slice whole grain toast or small pita + butter 1 egg, scrambled ½ - 1 whole kiwi, cubed ½ cup whole milk (3.25% mf)
Snack	1/3 - ½ cup ripe melon pieces ¼ - ½ cup yogurt[3] Water *(caution the amount – can reduce appetite)*	¼ avocado, cut into strips or mashed ¼ - ½ whole wheat English muffin, toasted Water
Lunch	1-2 slices (~1 oz) turkey lunch meat (low sodium, & nitrite free) ¼ - ½ whole grain bread or wrap with butter[4] 2-3 cherry tomatoes, cut into quarters ½ cup whole milk, 3.25% mf ¼ - 1/3 cup applesauce, unsweetened	1/3 cup fusilli noodles with 2 Tbsp grated cheese, 1 Tbsp chopped chickpeas & tomato sauce ¼ - 1/3 cup carrot sticks, blanched to soften slightly ½ cup whole milk, 3.25% mf 1 homemade oatmeal cookie
Snack	1 Tbsp hummus 4 small whole grain crackers ¼ - 1/3 cup cucumber, peeled and chopped Water	1 Tbsp natural peanut butter or 1 string cheese ¼ - ½ apple, peeled and sliced *(sprinkle with cinnamon to hide the natural browning)* Water
Dinner	2-4 Tbsp cooked salmon ½ cup home baked sweet & white potato fries ¼ - 1/3 cup broccoli & cauliflower florets, steamed ½ cup whole milk, 3.25% mf ¼ - 1/3 cup fruit salad	2-3 tofu nuggets ¼ - 1/3 cup cooked brown rice or quinoa ¼ - 1/3 cup green beans, steamed & cut into pieces ½ cup whole milk, 3.25% mf ¼ - ½ ripe pear, sliced
Snack	½ - whole homemade muffin ½ cup whole milk, 3.25% mf	1/3 - ½ cup whole grain, low sugar cereal (dry) ½ cup whole milk, 3.25% mf

NOTES:

1. Whole grain, low sugar cereals include: infant cereal, oats, plain or multigrain Cheerios. Look for iron >15% DV.
2. Milk
   - ☺ Milk source may be breastmilk and/or whole cow's milk (3.25% mf). After 2 years of age, you may switch to a lower fat milk such as 1% or 2% providing your toddler is growing well.
   - ☺ If breastfeeding there is no specific amount of whole milk to offer; if not breastfeeding, aim for 400-500 ml (1-2 cups) of milk per day. If formula feeding, transition to whole cow's milk at 1 year. If you are not providing whole cow or goat milk, continue with a soy formula until 2 years.
   - ☺ Milk alternatives such as soy milk, almond milk, oat milk etc are NOT advised before 2 years of age because they are inadequate in nutrients needed for healthy growth and brain development.
3. Flavoured yogurt: <10 g sugar per 100 g serving. Choose full fat types ≥3% m.f.
4. Fats and oils – small children have small stomachs and need extra calories to support growth. Add small amounts of butter, non-hydrogenated margarine or oils such as olive oil to foods when serving.

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