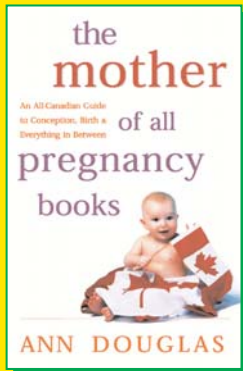


The Mother of All Toddler

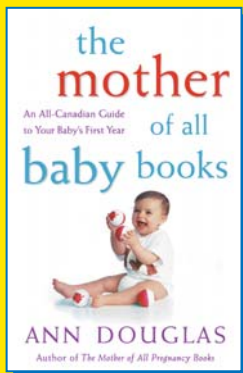
FRIDGE NOTES

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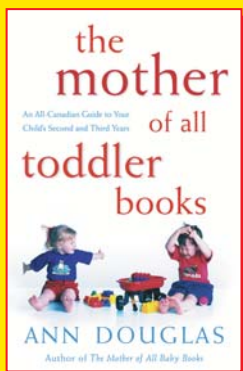


Recommended Daily Portions for a Healthy Toddler

By age two, most toddlers should be ready to start following the guidelines spelled out in Canada's Food Guide to Healthy Eating. The number of servings of food that a toddler requires varies from toddler to toddler and from day to day. Don't be panicked if your child ignores some food groups entirely for a day or two. Rather than analyzing her nutrient intake over a single meal, look at her food choices over the course of a week or two. Chances are she's managed to squeeze in at least a few servings from each food group. As long as a toddler is full of energy and continuing to grow at a healthy rate, you can feel confident that her food intake is adequate. What follows are suggested daily servings from each food group along with a few examples of what constitutes a typical toddler-sized serving. Note: You can find a more detailed version of this chart in *The Mother of All Toddler Books*.



Grain Products: 5-12 servings/day	Fruits and Vegetables: 5-10 servings/day
<p>DRY CEREAL <i>For a one-year-old:</i> less than 125 mL (1/2 cup) of puffed cereal or 1/3 cup of flaked cereal <i>For a two-year-old:</i> 250 mL to 500 mL (1 to 2 cups) of puffed cereal or 1/2 to 1 cup of flaked cereal</p> <p>BREAD <i>For a one-year-old:</i> less than 1/2 a slice of bread <i>For a two-year-old:</i> 1/2 to 1 slice of bread</p> <p>PASTA (NOODLES) <i>For a one-year-old:</i> less than 1/4 cup (50 mL) <i>For a two-year-old:</i> 50 to 175 mL (1/4 to 3/4 cup)</p> <p>RICE <i>For a one-year-old:</i> less than 1/4 cup (50 mL) <i>For a two-year-old:</i> 50 to 125 mL (1/4 to 1/2 cup)</p>	<p>FRESH FRUIT (WHOLE) <i>For a one-year-old:</i> 1/4 to 1/2 piece of fruit <i>For a two-year-old:</i> 1/2 to 1 piece of fruit</p> <p>JUICE <i>For a one-year-old:</i> less than 50 mL (1/4 cup) <i>For a two-year-old:</i> 50 to 125 mL (1/4 to 1/2 cup)</p> <p>COOKED VEGETABLES <i>For a one-year-old:</i> less than 50 mL (1/4 cup) <i>For a two-year-old:</i> 50 to 75 mL (1/4 to 1/2 cup)</p> <p>RAW VEGETABLES <i>For a one-year-old:</i> less than 50 mL (1/4 cup) <i>For a two-year-old:</i> 50 to 125 mL (1/4 to 1/2 cup)</p>
Milk Products: 2-3 servings/day	Meat and Alternatives: 2-3 servings/day
<p>MILK <i>For a one-year-old:</i> less than 125 mL (1/2 cup) <i>For a two-year-old:</i> 125 to 200 mL (1/2 to 3/4 cup)</p> <p>CHEESE <i>For a one-year-old:</i> less than 25 g (3/4 of an ounce) of hard cheese or less than 50 mL (1/4 cup of cottage cheese) <i>For a two-year-old:</i> 25 to 50 g (3/4 to 1 1/2 ounce) of hard cheese or 50 to 125 mL (1/4 to 1/2 cup) of cottage cheese.</p> <p>YOGURT <i>For a one-year-old:</i> less than 75 mL (1/3 cup) <i>For a two-year-old:</i> 75 to 175 mL (1/3 to 3/4 cup)</p>	<p>COOKED LEAN MEAT/FISH/POULTRY <i>For a one-year-old:</i> 20 to 30 g (2/3 to 1 oz.) <i>For a two-year-old:</i> 25 to 50 g (3/4 to 1 3/4 oz.)</p> <p>PEANUT BUTTER (avoid if allergies are a concern) <i>For a one-year-old:</i> less than 15 mL (1 tbsp.) <i>For a two-year-old:</i> 15 to 30 mL (1 to 2 tbsp.)</p> <p>LEGUMES <i>For a one-year-old:</i> less than 50 mL (1/4 cup) <i>For a two-year-old:</i> 50 to 125 mL (1/4 to 1/2 cup)</p> <p>EGG <i>For a one-year-old:</i> less than 1/2 an egg <i>For a two-year-old:</i> 1/2 to 1 egg</p> <p>TOFU <i>For a one-year-old:</i> less than 50 mL (1/4 cup) <i>For a two-year-old:</i> 50 to 75 mL (1/4 to 1/3 cup)</p>

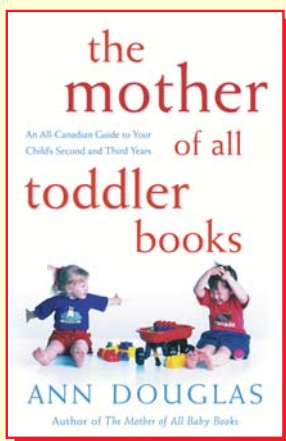
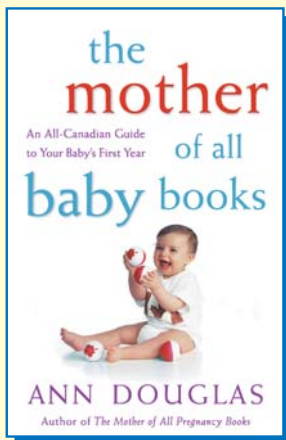
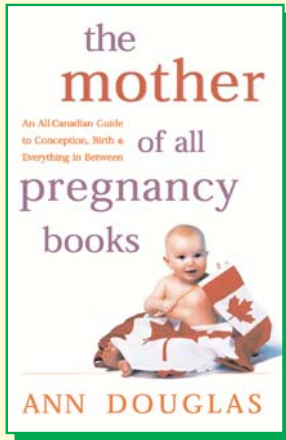


Ann Douglas is Canada's foremost parenting writer. Her books include *The Mother of All Pregnancy Books*, *The Mother of All Baby Books*, and *The Mother of All Toddler Books* (all John Wiley and Sons Canada, \$24.99). You can find out more about this bestselling Canadian parenting series by visiting

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Grain Products: 5-12 servings/day

DRY CEREAL

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For a two-year-old: 250 mL to 500 mL (1 to 2 cups) of puffed cereal or 1/2 to 1 cup of flaked cereal

BREAD

For a one-year-old: less than 1/2 a slice of bread

For a two-year-old: 1/2 to 1 slice of bread

PASTA (NOODLES)

For a one-year-old: less than 1/4 cup (50 mL)

For a two-year-old: 50 to 175 mL (1/4 to 3/4 cup)

RICE

For a one-year-old: less than 1/4 cup (50 mL)

For a two-year-old: 50 to 125 mL (1/4 to 1/2 cup)

Milk Products: 2-3 servings/day

MILK

For a one-year-old: less than 125 mL (1/2 cup)

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CHEESE

For a one-year-old: less than 25 g (3/4 of an ounce) of hard cheese or less than 50 mL (1/4 cup of cottage cheese)

For a two-year-old: 25 to 50 g (3/4 to 1 1/2 ounce) of hard cheese or 50 to 125 mL (1/4 to 1/2 cup) of cottage cheese.

YOGURT

For a one-year-old: less than 75 mL (1/3 cup)

For a two-year-old: 75 to 175 mL (1/3 to 3/4 cup)

Fruits and Vegetables: 5-10 servings/day

FRESH FRUIT (WHOLE)

For a one-year-old: 1/4 to 1/2 piece of fruit

For a two-year-old: 1/2 to 1 piece of fruit

JUICE

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For a two-year-old: 50 to 125 mL (1/4 to 1/2 cup)

COOKED VEGETABLES

For a one-year-old: less than 50 mL (1/4 cup)

For a two-year-old: 50 to 75 mL (1/4 to 1/2 cup)

RAW VEGETABLES

For a one-year-old: less than 50 mL (1/4 cup)

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LEGUMES

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EGG

For a one-year-old: less than 1/2 an egg

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For a two-year-old: 50 to 75 mL (1/4 to 1/3 cup)

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