

Nutrition Needs for 2- to 3-Year-Olds



Daily needs

HOW MUCH FOOD SHOULD A 2- TO TO 3-YEAR-OLD EAT?

Breakfast
Cereal with milk is a great start to the day for growing bodies but be careful not to buy a cereal that is high in sugar. Use the Healthy Star Rating[®] system to help you choose healthy and nutritious food. The more stars.

HOW MANY SERVES ADY?

- Fruit - 1 serve
- Vegetables - 2½ serves
- Grains - 4 serves
- Protein - 1 serve
- Dairy - 1½ serves

Lunch
Rice is a great option for lunch or dinner. It can be eaten hot or cold and add variety by serving with wrh different veggies, proteins and sauces.

WHAT IS A SERVE?
Exampers from dier goods sio: here examples:

- **Fruit** - 1 cup diced fruit or 1 apple or banana
- **Veggies** - ½ cup cooked veggies or 1 cup of salad
- **Protein** - ½ cup cooked rice or 2 slice bread
- **Dairy** - 1 cup milk or 2 slices cheese

Drink
The best drink you can give your chihid is water.

- ✓ Gives your kids healthy options
- ✓ Include them in planning family meals

✗ DON'T fill them up with snacks throughout the day
✗ DON'T bribe into eating food

Breakfast

The best drink you can give your child is water. Milk is also good and can help with their daily dairy requirements. Cereal with milk is a great start to the

day for growing bodies, but be careful not to buy a cereal that is high in sugar. You can use the Healthy Star Rating system to help you choose healthy and nutritious food. The more stars, the better for you and your family.

Lunch

Rice is a great option for lunch or dinner. It can be eaten hot or cold and add variety by serving with different veggies, proteins and sauces.

Dinner

Tofu is a good alternative source of protein if you don't always want to serve meat. You can swap the pasta for rice or noodles and choose whichever veggies you prefer.

Drink

The best drink you can give your child is water. Milk is also good and can help with their daily dairy requirements.

How Many Serves a Day?

Fruit - 1 serve

Vegetables - 2 1/2 serves

Grains - 4 serves

Protein - 1 serve

Dairy - 1 1/2 serves

What is a Serve?

The size of a serve will depend on the type of food. Here are some examples:

Fruit - 1 cup diced fruit or 1 medium apple or banana

Vegetables - 1/2 cup cooked veggies or 1 cup salad greens

Grains - 1/2 cup cooked rice or 1 slice bread

Protein - 80g cooked chicken or 2 eggs

Dairy - 1 cup milk or 2 slices cheese

Fussy Eaters

When your toddler turns 2, they should be eating the same food as the rest of the family. However, it's very common for kids to go through stages of refusing food or always wanting the same thing.

DO give your kids healthy options

DO include them in planning the family meals

DON'T fill them up with snacks throughout the day

DON'T bribe kids into eating food