

SERVING GUIDE FOR TODDLERS

Below is a guide to the serves per day and serving size for toddlers, designed to meet the recommended daily dietary intake required. Remember it is a GUIDE as every child is unique, with different metabolisms and energy levels.

FOOD GROUP	EXAMPLE OF A SERVE	SERVES PER DAY
Breads and Cereals 	1 slice bread ½ bread roll 2-4 savoury crackers ⅔ cup cereal flakes ½ cup porridge 1 cereal biscuit ½ cup pasta/rice/noodles	4
Fruit 	½ medium fruit (pear/apple) 1 small piece (apricot/plum) ¼ cup juice (diluted) ½ cup canned fruit 1 tbsp sultanas/dried fruit	2
Vegetables 	¼ cup cooked vegetables ½ potato/carrot ¼ cup legumes ½ cup salad vegetables	5
Dairy foods Reduced fat over 2 years 	250mL milk 200g yoghurt 250mL custard 40g cheese (2 slices)	1½
Meats and Alternatives 	30g cooked meat/chicken 1 slice roast meat 1 egg ½ cup baked beans/legumes 60g cooked fish fillet	2
Fats and Oils 	2 tsp	1 - 2

