

Toddler Meal Assessment Chart – 1 day

Meals	Protein	Calcium	Iron	Vitamin C	Healthy fat foods	Green and yellow veg	Other veg
Breakfast - - -							
Snack - -							
Lunch - - - - -							
Snack - -							
Dinner - - - - - Supper - - -							
Total servings							
Total required							
Difference (over or under)							

Toddler, Example Servings

<p>Protein (four servings – 1 serving is roughly 25g) $\frac{3}{4}$ cup of milk $\frac{1}{4}$ non-fat dry milk $\frac{1}{2}$ cup of yoghurt 3 tablespoons of cottage cheese 20g hard cheese 1 whole egg or 2 egg whites $\frac{3}{4}$ of 30g fish, poultry, meat 60g tofu</p>	<p>Wholegrains (6 or more servings) $\frac{1}{2}$ slice of wholegrain bread $\frac{1}{2}$ small wholewheat pita $\frac{1}{4}$ wholegrain bagel 2-3 wholewheat crackers $\frac{1}{2}$ cup of brown or wild rice $\frac{1}{4}$ cup of lentils, beans, peas etc.</p>
<p>Calcium foods (4 servings) $\frac{2}{3}$ cup of milk $\frac{1}{2}$ cup of calcium-added milk $\frac{1}{2}$ cup of yoghurt 30-40g of hard cheese 40g canned salmon mashed with bones (is half a serve) 30g sardines mashed with bones (half serve) $\frac{2}{3}$rd of a cup of broccoli (half serve)</p>	<p>Iron- rich foods (some everyday) Iron-fortified cereals Beef and lamb Baked beans Chicken Wholemeal pasta Blackstrap molasses Carob and soy Whole grains</p>
<p>Vitamin C (2 or more servings) $\frac{1}{4}$ cup of fresh strawberries $\frac{1}{8}$ small cantaloupe/rockmelon $\frac{1}{4}$ large guava $\frac{1}{3}$ large mango $\frac{1}{4}$ cup of broccoli $\frac{1}{2}$ cup of green pepper $\frac{1}{6}$ cup of red pepper 1 small skinned tomato</p>	<p>Healthy fat foods (five to eight servings – 20-30% of daily calories) $\frac{1}{2}$ teaspoon of healthy oil, butter or mayonnaise 1 $\frac{1}{2}$ tablespoons of cream cheese $\frac{1}{4}$ small avocado 1 egg $\frac{3}{4}$ cup of milk $\frac{3}{4}$ cup of yoghurt $\frac{1}{2}$ cup of ice-cream $\frac{2}{3}$ ounce of hard cheese 1 $\frac{1}{2}$ ounces of lean beef, lamb or pork 2 $\frac{1}{2}$ ounces of poultry (no skin) 90 grams salmon or other fatty fish</p>
<p>Green and yellow vegetables and yellow fruit (2 or more servings) 1 medium apricot 2 small dried apricot halves $\frac{1}{2}$ cup of diced cantaloupe/rockmelon $\frac{1}{8}$ of a large mango 1 medium nectarine peeled $\frac{1}{2}$ large yellow peach peeled $\frac{1}{2}$ cup of broccoli $\frac{3}{4}$ cup of peas $\frac{1}{4}$ small carrot $\frac{1}{2}$ tablespoon of unsweetened pumpkin puree $\frac{1}{2}$ tablespoon of cooked sweet potato $\frac{1}{4}$ large red pepper</p>	<p>Other fruit and vegetables (one to two or more servings) $\frac{1}{2}$ apple, pear, white peach, large banana $\frac{1}{3}$ cup of cherries, berries or grapes 1 large fig 2 dates 3 dried peach halves 1 dried pear half 2 tablespoons of raisins, currants or dried apple rings $\frac{1}{4}$ medium avocado $\frac{3}{8}$ cup of green beans $\frac{1}{2}$ cup of beets, eggplant or diced turnip $\frac{1}{2}$ cup of mushrooms, yellow squash or zucchini 5 okra pods $\frac{1}{3}$ cup of peas $\frac{1}{2}$ small ear of corn</p>