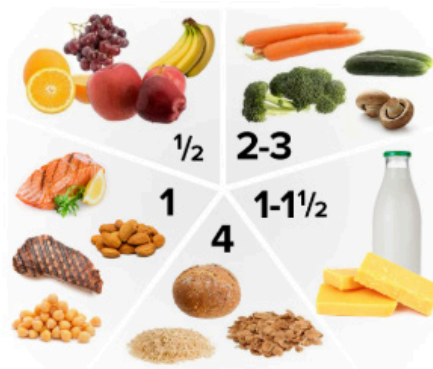


# Dietary guidelines: children 1-2 years

## Daily dietary guidelines for children 1-2 years



At 1-2 years, toddlers need a **wide variety of healthy foods**. You decide what your child eats from the five food groups. He decides whether to eat and how much. Think about what he eats each week, rather than each day.

At this age, toddler appetites vary from day to day. Suggested daily serves are 1/2 serve of fruit; 2-3 serves of vegies; 1-1 1/2 serves of dairy; 4 serves of grains; and 1 serve of lean meats, eggs, nut pastes and legumes.

Toddlers need lots of **water** – the cheapest, healthiest and most thirst-quenching drink. They also need lots of milk. Avoid soft drinks, fruit juices, flavoured milk and water, sports drinks and energy drinks.

## Food groups: daily serves of fruit, vegetables, cereals and grains



**Fruit:** 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit drained (no added sugar). Offer 1/2 serve a day.



**Vegetables:** 1 serve = 1/2 medium potato (or sweet potato or corn); or 1/2 cup cooked vegies (broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad vegies; or 1/2 cup cooked, dried or canned beans or lentils. Offer 2-3 serves a day.



**Cereal and grains:** 1 serve = 1 slice of bread; or 1/2 cup cooked rice, pasta, noodles, quinoa or polenta; or 1/2 cup porridge; or 2/3 cup wheat cereal flakes; or 1/4 cup muesli; or 1 crumpet or small English muffin. Offer 4 serves a day – wholegrain is best.

## Food groups: daily serves of dairy, protein and healthy fats



**Dairy:** 1 serve = 1 cup (250 ml) milk; or 1 cup dairy alternative like soy or rice milk with at least 100 mg of added calcium per 100 ml; or 2 slices cheese; or 3/4 cup (200 gm) yoghurt; or 1/2 cup ricotta cheese. Choose full-fat dairy. Offer 1-1 1/2 serves a day.



**Meat, fish, poultry, eggs, nuts, legumes:** 1 serve = 65 gm cooked lean beef, lamb, veal or pork; or 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 1 1/2 tablespoons nut pastes and spreads (whole nuts can be a choking risk). Offer 1 serve a day.



**Healthy fats:** you can include 1 serve of unsaturated fat per day in cooking, baking, spreads or dressings. 1 serve = 1-2 teaspoons (5-10 gm) of olive, canola and rice bran oil or margarine; or 1-2 teaspoons (5-10 gm) of nut pastes and spreads; or 1 tablespoon (20 gm) of avocado.

Avoid 'sometimes' foods. These foods include chips, cakes, biscuits, lollies and fried and takeaway foods. These can be high in saturated fat, sugar and salt.