

## **Infants/Toddlers/Preschool** – *1 Tbsp size serving for every year of age*



Limit high-fat foods and sweets as much as possible – nutrient dense foods are necessary for rapid growth and development. Foods contributing extra calories without the nutritional benefits will take the place of the nutrient dense foods necessary. Snack foods and desserts are not needed and should be considered “occasional” or “sometimes” foods—not daily or multiple times a week even.

**2-4 year olds:** 1,000 to 1,200 calories per day

*(5-6 mini-meals = 3 small meals and 2-3 planned snacks per day)*

3-4 ounces grain (at least ½ should be whole grains)

1- 1 ½ cups vegetable

1 cup fruit

2-2 ½ cups dairy

2-3 ounces protein

3 Tbsp oils (max per day)