

Sample Menu for a Two-Year-Old

By age two, your child should be eating three healthy meals a day, plus one or two snacks. He or she can eat the same food as the rest of the family. Do not fixate on amounts and do not make mealtimes a battle. Whenever possible, offer your child finger foods instead of soft ones that require a fork or spoon to eat. **See the following sample menu ideas for a two-year-old.**

Note: This menu is planned for a two-year-old child who weighs approximately 27 pounds (12.5 kg).

1 tablespoon = 3 teaspoons (15 mL)

1 tablespoon = 1/2 ounce (15 mL)

1 ounce = 30 mL

1 cup = 8 ounces (240 mL)

Breakfast

- ½ cup nonfat or low- fat milk
- ½ cup iron-fortified cereal or 1 egg
- 1/3 cup fruit (for example, banana, cantaloupe, or strawberries)
- ½ slice whole wheat toast
- ½ teaspoon margarine or butter or 1 teaspoon jelly

Snack

- 4 crackers with cheese or hummus or ½ cup cut-up fruit or berries
- ½ cup water

Lunch

- ½ cup low- fat or nonfat milk
- ½ sandwich—1 slice whole wheat bread, 1 ounce meat, slice of cheese, veggie (avocado, lettuce, or tomato)
- 2–3 carrot sticks (cut up) or 2 tablespoons other dark-yellow or dark-green vegetable
- ½ cup berries or 1 small (½ ounce) low-fat oatmeal cookie

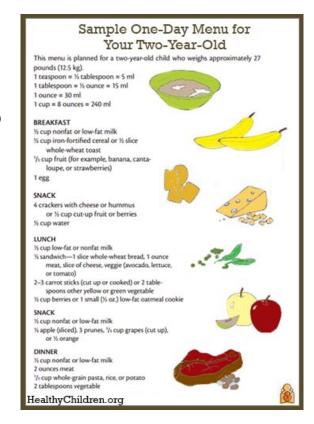
Snack

- ½ cup nonfat or low-fat milk
- ½ apple (sliced), 3 prunes, 1/3 cup grapes (cut up), or ½ orange

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- 2 cup nonfat or low-fat milk
- 2 ounces meat





- 1/3 cup pasta, rice, or potato
- 2 tablespoons vegetable

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Additional Information on HealthyChildren.org:

- Unsafe Foods for Toddlers (/English/ages-stages/toddler/nutrition/Pages/Unsafe-Foods-for-Toddlers.aspx)
- Selecting Snacks for Toddlers (/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx)
- Picky Eaters (/English/ages-stages/toddler/nutrition/Pages/Picky-Eaters.aspx)
- Winning the Food Fights (/English/ages-stages/toddler/nutrition/Pages/Winning-the-Food-Fights.aspx)

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