



## Serving Sizes for Toddlers

A toddler's daily energy requirements are not very large. After tripling their birth weight by their first babies, a child's growth (/English/health-issues/conditions/Glands-Growth-Disorders/Pages/Growth-Charts-By-the-Numbers.aspx) slows down. So, the amount they eat does not need to be huge.

### A general guide for feeding your toddler

- Each day, a child between ages 1 and 3 years needs about 40 calories for every inch of height. This means that a toddler who measures 32 inches in height, for example, should be taking in an average of about 1,300 calories a day. However, the amount varies with each child's build and activity level.
- The child's serving size should be approximately one-quarter of an adult's.



### Example of an average toddler-sized meal

- One ounce of meat, or 2 to 3 tablespoons of beans
- One to 2 tablespoons of vegetables
- One to 2 tablespoons of fruit
- One-quarter slice of bread

Your toddler will get enough calories along with all the protein (/English/healthy-living/nutrition/Pages/Beyond-Chicken-Nuggets.aspx), vitamins, and minerals they need from an average daily intake similar to the chart below.

Average Daily Intake for a Toddler			
Food Group	Servings Per Day	Number of Calories Per Day	One Serving Equals
Grains	6	250	<ul style="list-style-type: none"> <li>• Bread - 1/4 to 1/2 slice</li> <li>• Cereal, rice, pasta (cooked) - 4 tbsps</li> <li>• Cereal (dry) - 1/4 cup</li> <li>• Crackers - 1 to 2</li> </ul>
Vegetables	2 to 3	75	<ul style="list-style-type: none"> <li>• Vegetables (cooked) - 1 tbsp. for each year of age</li> </ul>

Fruits	2 to 3	75	<a href="#">Back to Top</a> <ul style="list-style-type: none"> <li>Fruit (cooked or canned) - 1/4 cup</li> <li>Fruit (fresh) - 1/2 piece</li> <li>Juice - 1/4 to 1/2 cup (2-4 oz.)</li> </ul>
Dairy	2 to 3	300-450	<ul style="list-style-type: none"> <li>Milk - 1/2 cup</li> <li>Cheese - 1/2 oz. (1-inch cube)</li> <li>Yogurt - 1/3 cup</li> </ul>
Protein (meat, fish, poultry, tofu)	2	200	<ul style="list-style-type: none"> <li>1 oz. (equal to two 1-inch cubes of solid meat or 2 tbsps. of ground meat)</li> <li>Egg - 1/2 any size, yolk and white</li> </ul>
Legumes	2	200	<ul style="list-style-type: none"> <li>Soaked and cooked - 2 tbsps. (1/8 cup)</li> </ul>
Peanut butter (smooth only)		95	<ul style="list-style-type: none"> <li>Spread thin on bread toast or cracker - 1 tbsp.</li> </ul>

## More information

- [Sample Menu for a Two-Year-Old \(/English/ages-stages/toddler/nutrition/Pages/Sample-One-Day-Menu-for-a-Two-Year-Old.aspx\)](#)
- [Selecting Snacks for Toddlers \(/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx\)](#)
- [How to Get Your Child to Eat More Fruits and Veggies \(/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx\)](#)
- [Ask the Pediatrician: How do I help my picky eater try more healthy foods? \(/English/tips-tools/ask-the-pediatrician/Pages/How-Do-I-Help-My-Picky-Eater-Try-More-Foods.aspx\)](#)

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