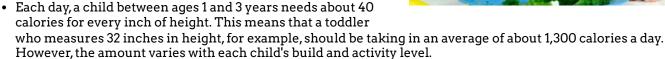
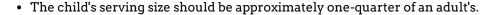


Serving Sizes for Toddlers

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





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	 Bread - 1/4 to 1/2 slice Cereal, rice, pasta (cooked) - 4 tbsps Cereal (dry) - 1/4 cup Crackers - 1 to 2 	
Vegetables	2 to 3	75	Vegetables (cooked) -1 tbsp. for each year of age	



Fruits	2 to 3	75	Back to Top Fruit (cooked or canned) - 1/4 cup Fruit (fresh) - 1/2 piece Juice - 1/4 to 1/2 cup (2-4 oz.)
Dairy	2 to 3	300-450	 Milk - 1/2 cup Cheese - 1/2 oz. (1-inch cube) Yogurt - 1/3 cup
Protein (meat, fish, poultry, tofu)	2	200	 1 oz. (equal to two 1-inch cubes of solid meat or 2 tbsps. of ground meat) Egg - 1/2 any size, yolk and white
Legumes	2	200	• Soaked and cooked - 2 tbsps. (1/8 cup)
Peanut butter (smooth only)		95	• Spread thin on bread toast or cracker - 1 tbsp.

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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The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.