

A day in your toddler's diet

Here's a sample of a healthy toddler menu.

The recommended food choices and portion amounts provided are a guide—always listen to your toddler's hunger and fullness cues and let her decide how much to eat. Also be sure to use your toddler's developmental cues to determine her readiness before introducing a new food.



BREAKFAST

- ½ cup 2% reduced-fat milk
- ½ slice whole-grain toast with ½ tsp margarine
- ¼ cup diced tomato
- ½ scrambled egg (cooked with ½ tsp margarine)

SNACK

- ½ container GRADUATES® SMART SIPS™ beverage, plain
- ¼ cup soft cooked petite baby carrot sticks
- 24 GRADUATES® Crackers
- 1 tbsp ranch dip



LUNCH

- ½ container GRADUATES® SMART SIPS™ beverage, plain
- 1 GRADUATES® LIL' ENTREES® Chicken & Pasta Wheel Pickups in sauce with peas
- ¼ cup sliced strawberries



For more menu ideas and to create custom menus for your toddler, go to StartHealthyStayHealthy.com/ToddlerMenus

SNACK

- 1 cup GRADUATES® Puffs
- ½ sliced banana
- ½ cup fortified orange juice with calcium and vitamin D

DINNER

- ½ cup 2% reduced-fat milk
- ½ oz. cooked ground beef (crumbled)
- ¼ cup tomato sauce
- ¼ cup cooked pasta

Nutritious snack ideas

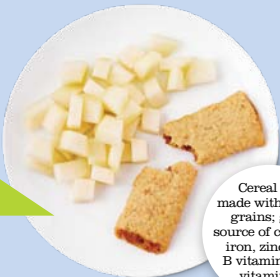
Keep some of these foods on hand so they're easy to serve for your toddler's mid-morning or late-afternoon snack.

½ container GRADUATES® SMART SIPS™ beverage, plain, ¼ cup mild salsa, and ½ whole-grain soft tortilla cut into wedges with the “long end” an inch or less



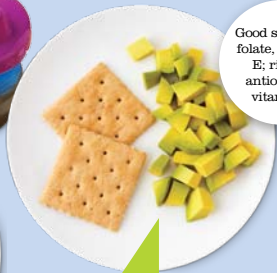
Good source of calcium, iron, vitamin D, vitamin E

¼ cup diced pears (peeled), and 1 GRADUATES® Cereal Bar Apple Cinnamon



Cereal bar made with whole grains; good source of calcium, iron, zinc, five B vitamins and vitamin E

2 whole-wheat crackers, ¼ cup diced avocado, and ½ cup GERBER® 100% Juice



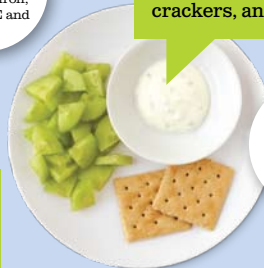
Good source of folate, vitamin E; rich in antioxidant vitamin C

¼ cup soft cooked diced carrots, 24 GRADUATES® Crackers, and 1 tbsp ranch dip



Excellent source of vitamin A, calcium, iron, vitamin E and zinc

¼ cup seedless cucumber (peeled, diced), 2 whole-wheat crackers, and 1 tbsp ranch dip



One serving of vegetables and 490 mg of omega-3 fatty acid*

Excellent source of vitamin D, vitamin C, zinc, iron, calcium, vitamin E

1 cup GRADUATES® Puffs, ½ sliced banana, and ½ cup fortified orange juice with calcium and vitamin D



12 GRADUATES® Crackers and ½ cup GRADUATES® Harvest Juice

Good source of calcium, iron, zinc; excellent source of antioxidant vitamins A**, C and E



*alpha linolenic acid **from beta carotene

Use your child's developmental cues to determine her readiness before introducing a new food.