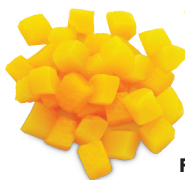


TODDLER SERVING SIZES

Use this guide to help plan your toddler's meals and snacks. A toddler's diet should include about three meals and one to two snacks each day. Remember that this is only a guide; meals and snacks may vary depending on your toddler's appetite.



Fruits

Daily intake: 1 cup

Serving size: ¼ cup fruit or
½ cup 100% fruit juice

Fruit preparation: soft, peeled;
mashed or chopped

Food ideas: peaches, bananas,
blueberries, cantaloupe, kiwi,
GERBER® GRADUATES® Apple
Dices, 100% orange juice

Grains

Daily intake: 2 ounces
of grain equivalents

Serving size: ¼ to 1 ounce
of grain equivalents

Food ideas: ¼ ounce is about
¼ cup cereal or
1 GERBER® GRADUATES®
Fruit and Cereal Bar (any flavor);
½ ounce is about ½ slice whole-
grain bread; 1 ounce is about ¼
of a 3-inch whole-wheat bagel
or ¼ cup cooked bite-size pasta
or whole-grain brown rice



Dairy

Daily intake: 2 cups

Serving size: ½ to ⅔ cup

Food ideas: milk, GERBER®
GRADUATES® Yogurt Blends
Snack, about 1 slice of hard
cheese, 1 container
GERBER® GRADUATES®
SMART SIPS™ dairy
beverage

Vegetables

Daily intake: ¾ cup

Serving size: ¼ cup

Preparation: soft, peeled
and cooked; mashed
or chopped



Food ideas: green beans, spinach,
yellow squash, GERBER®
GRADUATES® Carrot Dices
(pictured)

Meat/Beans

Daily intake: 1½ ounces
(about 3 tablespoons)

Serving size: 1 to 3 tablespoons

Preparation: cooked; mashed
or easy-to-chew

Food ideas:
chicken, cod fish,
ground turkey or beef,
black beans, scrambled egg,
GERBER® GRADUATES® LIL'
STICKS® meat or poultry sticks
(3 sticks pictured equal about
1 ounce)

