

[A DAY IN YOUR TODDLER'S DIET]

Here is a sample of what your toddler may be eating. Please remember that this is only a guide—it's important to follow your toddler's hunger and fullness cues and to introduce new foods one at a time.



BREAKFAST

Breastmilk or 6 fluid ounces NESTLÉ® GOOD START® 2 formula* in a cup, ½ scrambled egg, and ¼ cup GERBER® Rice & Apple Cereal mixed with GOOD START 2 formula

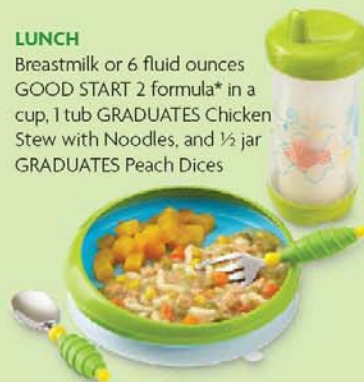
SNACK

1 GRADUATES® Arrowroot Cookie and 4 fluid ounces GRADUATES® FRUIT SPLASHERS® Kiwi Strawberry purified water and juice blend beverage



LUNCH

Breastmilk or 6 fluid ounces GOOD START 2 formula* in a cup, 1 tub GRADUATES Chicken Stew with Noodles, and ½ jar GRADUATES Peach Dices



SNACK

1 GRADUATES® FRUIT STRIPS™ Apple, 8 GRADUATES® LIL' CRUNCHIES® Veggie Dip Baked Corn snacks, and 4 fluid ounces water



DINNER

Breastmilk or 6 fluid ounces GOOD START 2 formula* in a cup, ½ slice whole-wheat bread with spread, ¼ jar GRADUATES Green Bean Dices, ¼ cup chopped melon, and 1 slice of avocado, diced

*or one serving of whole cow's milk

