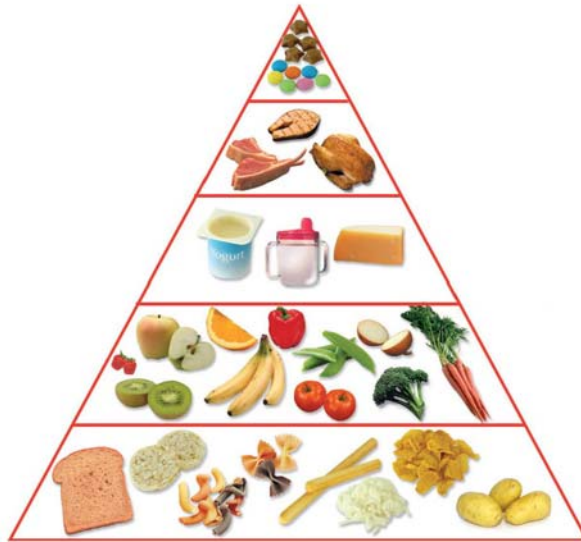


Food Groups and daily recommended servings for toddlers



Food Group	Food Examples	Daily Servings Guide for Toddlers (1-3 yrs)
Foods high in fat and/or sugar	Crisps, fried foods, cakes, sweet biscuits, pastries, chocolate	Limit these foods – Only offer at the end of a meal not as snacks
Milk & Dairy Foods	Whole cows' milk, follow-on formula, growing-up milk, cheese, yogurt, milk, puddings	3 servings Large volumes of milk i.e. more than 600ml should be discouraged
Meat & Alternatives	Meat, fish, eggs, beans	Minimum of 1 serving, 2 servings if from vegetable sources
Fruit & Vegetables	Fresh, tinned or frozen, banana, melon, apple, pears, carrots, tomatoes, peas, broccoli	Minimum of 4 servings Serve at mealtimes and as snacks
Starchy Foods	Bread, rice, potatoes, pasta	Minimum 4 servings These should be offered at each meal

Examples of healthy snacks for toddlers:

- Fresh fruit e.g. melon slices, banana, grapes, orange
- Fruit pots
- Fruit yogurts
- Vegetable sticks and dip
- Pitta bread slices
- Crackers and cheese
- Fruit Loaf
- Toddler Cereals - low in sugar, sodium, saturated fats