



✦ POST THIS GUIDE ON YOUR FRIDGE FOR EASY REFERENCE ✦

Look to the plate icon for guidance on how to distribute each food group, but remember, trust your toddler to follow their hunger cues and decide how much to eat!

INITIAL PORTION EXAMPLES FOR EACH FOOD GROUP



Have plenty of vegetables and fruit

Provide a variety of textures, colours and shapes.

COOKED VEGETABLES
SOFT FRUIT



30 - 45 ml
45 - 75 ml

Vegetables and fruits are high in vitamins, minerals and fibre.



Choose whole grain products as often as possible



PIECE OF TOAST
CEREAL (HOT OR COLD)
PASTA OR RICE



1/2
60 - 125 ml
1/4 cup

Whole grain foods are great sources of energy, fibre, vitamins and minerals.



Eat protein foods

Choose lean meats and plant based proteins such as peas, beans, tofu or lentils.

YOGURT
COOKED MEATS OR MEAT ALTERNATIVES
EGG
FISH
MILK



30 ml
30 - 45 ml
1/2 EGG
At least 2 servings/week*
See below guidelines

Proteins provide energy and are important to build and repair tissues. Protein foods are rich in protein, vitamins and minerals like iron, and plant based proteins are richer in fibre and lower in saturated fats



Beverages

If your toddler seems thirsty, water should be the beverage of choice. Limit fruit juice and other sweetened beverages

WATER
WHOLE MILK (3.25%)



Provide 500 mL of whole milk daily for toddlers until 2 years old

Whole cow's milk (3.25% M.F.) is recommended daily for children until 2 years old to help meet their energy and nutrient needs. Provide partly skimmed 1% or 2% milk only to children 2 years and older



Choose foods with healthy fats

Do not restrict nutritious foods because of their fat content, fat is an important source of energy for development and growth of children.

NUTS & SEEDS, AVOCADO, FATTY FISH, VEGETABLE OILS, SOFT MARGARINE.

Choose foods that contain healthy fats instead of those with saturated fats.



* Health Canada recommends that to limit the amount of mercury from fish, toddlers should eat no more than 75 g per month of fresh/frozen tuna, shark, swordfish, marlin, orange roughy and escolar. Albacore (white) canned tuna should be limited to 75 g per week.



12-36 MONTHS

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