

Published on Nestlé Mum & me (<https://www.nestlemumandme.com.au>)

[Home](#) > Toddler Menu Ideas and Planner

Share this Article

X



Toddler Menu Ideas and Planner

There is a lot to consider when putting together a healthy meal plan for your toddler. The following suggestions include most of what your toddler will need every day and will make the planning process easier. This is simply a guide - individual toddler needs will vary depending on their activity levels and age.

<https://www.nestlemumandme.com.au/12-18-months/toddler-menu-planner> [1]

_ [2] _ [3] _ [4]



Toddler Menu Ideas and Planner

There is a lot to consider when putting together a healthy meal plan for your toddler. The following suggestions include most of what your toddler will need every day and will make the planning process easier. This is simply a guide - individual toddler needs will vary depending on their activity levels and age.

Monday, January 4th, 2016

- ^[5]
- [Print](#) ^[1]
- [Share](#)

A healthy toddler's* diet should include:

1 serve of meats or poultry per day equivalent to 65g meat, chicken, fish or 1 large egg, ½ cup of baked beans.

+

½ serve of fruit per day -around 150g, 1 small piece of fruit or ½ cup canned fruit, (equivalent to 1 adult portion).

+

1-1½ serves dairy per day - 1 serve = 250mL milk, 40g hard cheese or 1 tub yoghurt.

+

Minimum 4 small glasses of water per day (water needs will vary depending on the weather and their level of activity. An indication that they are getting enough fluid is when their urine is fairly clear to very pale yellow colour).

+

2-3 serves of vegetables per day (one serve is about 75g, or ½ cup cooked vegetables, or 1 cup salad).

+

4 serves of grain (cereal) foods per day (with 1 serve = 1 slice of bread, ½ cup cooked pasta or rice, or 30g cereal).

+

1 serve of discretionary foods (30g crackers, 1 slice of plain cake or 1 tbsp butter).

+

7 activity sessions [6] per week, toddlers need at least 3 hours of movement daily spread out over the day. Limit their use of electronic games and television viewing.

+

A good sleep routine [7] – sleep is very important for growth and development

=

One happy child!

* The recommended serve sizes are based on toddlers aged 13-23 months as per Australian Guide to Healthy Eating.

Want more recipe ideas? [8]

Read more [9]

Source URL: <https://www.nestlemumandme.com.au/12-18-months/toddler-menu-planner>

Links

[1] <https://www.nestlemumandme.com.au/12-18-months/toddler-menu-planner>

[2] <https://pinterest.com/pin/create/button/?url=https://www.nestlemumandme.com.au/12-18-months/toddler-menu-planner&media=https://www.nestlemumandme.com.au/sites/default/files/styles/thumbnail/public/field/image/toddler-menu-planner-2.jpg&description=Toddler Menu Ideas and Planner>

[3] <https://twitter.com/share?text=Toddler%20Menu%20Ideas%20and%20Planner%20&url=https%3A//www.nestlemumandme.com.au/12-18-months/toddler-menu-planner>

- [4] <https://www.facebook.com/sharer/sharer.php?u=https://www.nestlemumandme.com.au/12-18-months/toddler-menu-planner>
- [5] <https://www.nestlemumandme.com.au/printpdf/6076>
- [6] <https://www.nestlemumandme.com.au/toddler-toys-games>
- [7] <https://www.nestlemumandme.com.au/toddler-sleep>
- [8] <https://www.nestlemumandme.com.au/baby-and-toddler-recipes>
- [9] <https://www.nestlemumandme.com.au/javascript%3A%3B>