

LEAPS






learning eating active play sleep

Daily Meal Plan

Toddlers aged 2 to 3 years

The 2013 Australian Dietary Guidelines recommend the following dietary intake for health and development.



Food	Serves per day
Vegetables and legumes/beans 	2½
Fruit 	1
Grain (cereal) foods 	4
Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans 	1
Milk, yoghurt, cheese and/or alternatives 	1½

- Children from 2 – 3 years can include 1 serve (4-5g) per day allowance of unsaturated spreads and oils or extra quantities of nuts and seeds
- If children are more active, taller or older they may need more serves from the five food groups. The approximate number of additional serves from the five food groups or discretionary choices is 0 -1 serves

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Daily Meal Plan

2 to 3 year age group



Here is an example daily meal plan for a child 2 - 3 years of age:

Breakfast: Grilled cheese on 1 slice of toast



Morning Tea: 1 vegetable pikelet (recipe available on support service)



Lunch: Cheese, salad and avocado in a pita pocket



Afternoon Tea: 2 savoury crackers with hummus



Dinner: 1 serve of tuna pasta with vegetables



Supper: ½ large banana and 100ml yoghurt



Important tips:

- Ensure water is available at all times throughout the day for children
- Seasonal fruit and vegetables are usually better quality, tastier and cheaper
- Encourage children to eat a variety from all of the food groups each day
- Limit the number of discretionary foods children eat
- If children are more active, taller or older, try and encourage any additional serves from the five food groups rather than from the discretionary choices group