



Toddler Nutrition Checklist – Daily Servings (Ages 1-3)

Each of the different food colors contain unique health components that are essential to your little one's health. Your toddler can help check off the "colors" they eat throughout the day. This will encourage healthy eating while ensuring optimal nutrition.

Fruit

Eat (2-3) ¼-Cup Servings



Vegetables

Eat (2-3) ¼-Cup Servings



Whole Grains

Eat (3-4) ½-Cup Servings



Dairy

Eat (3-4) ½-Cup Servings



Protein

Eat (1-2) 2oz. Servings

