SUGGESTED FEEDING PLAN FOR TODDLERS

Age One Year to Two	o Years	
TIME	FOOD OFFERED	AMOUNT
THVILL		
Morning	Fruit or Juice	½ Cup
	Cooked Cereal or	4 Tablespoons
	Toast	1/2 Slice
	Milk	4 oz.
A.M. Snack	Cracker ·	1
	Citrus Fruit of Citrus Juice	½ Cup
	,	
Noon	Meat	1 – 2 Tablespeons
Non	Starchy Vegetable	1 – 2 Tablespoons
	Cooked Vegetable	1 - 2 Tablespoons
	Fruit	1 - 2 Tablespoons
	Bread and Margarine	½ Slice
	Milk	4 oz.
	IVIIIK	500 \$65500
P.M. Snack	Milk	4 oz.
	Cracker	1
Night	Meat	1 – 2 Tablespoons
	Vegetable	1 – 2 Tablespoons
	Vegetable or Salad	1 – 2 Tablespoons
	Bread and Margarine	1/2 Slice
	Fruit	1 - 2 Tablespoons
	Milk	4 oz.

Cow's Milk Provided by Center:	Whole	
Vitamins and Minerals Only if Pr	escribed by a Physician	
Name of Child		
Name of Parent		
Address of Parents		
Changes to be Made from Sugges	sted Plan:	

Physician's Signature

Date