

TODDLER FEEDING ROUTINE

Child's Name:

Date:

TIME	MEAL / SNACK TYPE	FOODS OFFERED & AMOUNT
Early Morning	Milk / Wake-up Snack	
Breakfast	Main Meal	
Mid-Morning	Healthy Snack	
Lunch	Main Meal	
Afternoon	Healthy Snack	
Dinner	Main Meal	
Bedtime	Milk / Light Snack	

ALLERGIES & DISLIKES

DAILY HYDRATION LOG (WATER/MILK)

NOTES ON APPETITE, MOOD, OR NEW FOODS TRIED