

TODDLER NUTRITION GUIDE

Daily Balanced Food Groups Template

Vegetables & Greens

- Steamed Broccoli Florets
- Roasted Sweet Potato Wedges
- Thinly Sliced Cucumbers
- Mashed Peas or Carrots

Whole Fruits

- Sliced Strawberries
- Banana Coins
- Soft Pear Slices
- Blueberries (Halved)

Proteins

- Hard Boiled Egg
- Poached Chicken Strips
- Lentils or Soft Beans
- Flaky White Fish

Whole Grains

- Oatmeal with Cinnamon
- Brown Rice or Quinoa
- Whole Grain Toast Strips
- Whole Wheat Pasta

Healthy Fats & Dairy

- Plain Greek Yogurt
- Avocado Slices
- Mild Cheese Cubes
- Nut Butter (Thinly Spread)

Hydration

- Filtered Water
- Unsweetened Coconut Water
- Whole Milk (if applicable)
- Natural Fruit Infusions

Date: _____ Notes: _____