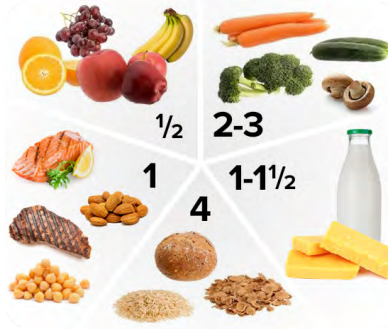


# Dietary guidelines: children 1-2 years

## Daily dietary guidelines for children 1-2 years



At 1-2 years, toddlers need a **wide variety of healthy foods**. You decide what your child eats from the 5 food groups. Your child decides whether to eat and how much. Think about what your child eats over a week, rather than a day.

You can keep [breastfeeding](#) for as long as it suits you both. Your child doesn't need [formula](#) after 12 months.

Toddler appetites vary from day to day. Suggested daily serves are 1/2 serve of fruit; 2-3 serves of vegies; 1-1 1/2 serves of dairy; 4 serves of grains; and 1 serve of lean meats, eggs, nut or seed pastes (like peanut butter, almond butter or tahini), or legumes.

Toddlers need plenty of **water** – the cheapest, healthiest and most thirst-quenching drink. They can also have pasteurised, full-fat cow's milk – up to 500 ml a day.

Avoid soft drinks, fruit juices, flavoured milk or water, sports drinks and energy drinks.

## Food groups: daily serves of fruit, vegetables, cereals and grains



**Fruit:** 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit drained (no added sugar). Offer 1/2 serve a day.



**Vegetables:** 1 serve = 1/2 medium potato (or sweet potato or corn); or 1/2 cup cooked vegies (like broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad vegies; or 1/2 cup cooked, dried or canned beans or lentils. Offer 2-3 serves a day.



**Cereal and grains:** 1 serve = 1 slice of bread; or 1/2 cup cooked rice, pasta, noodles, quinoa or polenta; or 1/2 cup porridge; or 2/3 cup wheat cereal flakes; or 1/4 cup muesli; or 1 crumpet or small English muffin. Wholegrain is best. Offer 4 serves a day.

## Food groups: daily serves of dairy, protein and healthy fats



**Dairy:** 1 serve = 1 cup (250 ml) pasteurised cow's milk; or 1 cup dairy alternative like soy or rice milk with at least 100 mg of added calcium per 100 ml; or 2 slices cheese; or 3/4 cup (200 gm) yoghurt; or 1/2 cup ricotta cheese. Choose full-fat dairy. Offer 1-1 1/2 serves a day.



**Meat, fish, poultry, eggs, nuts, seeds, legumes:** 1 serve = 65 gm cooked lean beef, lamb, veal or pork; or 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 1 1/2 tablespoons nut or seed pastes (whole nuts are a choking risk). Offer 1 serve a day.



**Healthy fats:** you can include 1 serve of unsaturated fat per day in cooking, baking, pastes or dressings. 1 serve = 1-2 teaspoons (5-10 gm) of olive, canola and rice bran oil or margarine made from these oils; or 1-2 teaspoons (5-10 gm) of nut or seed pastes; or 1 tablespoon (20 gm) of avocado.

Avoid foods like chips, cakes, biscuits, lollies, processed meats, and fried or takeaway foods. They're high in saturated fat, sugar and salt.