

Each day a child between ages 1 and 3 needs about 40 calories for every inch of height. This amount varies with each child's build and activity level. This means that a toddler who measures 32 inches, for example, should be taking an average of about 1,300 calories a day. A good rule of thumb for how much food to serve a toddler is  $\frac{1}{4}$  of an adult serving size or 1 tablespoon per year of age.

Food Group	Serving per Day	Number of Calories per Day	One Serving Equals
Grains	6	250	<ul style="list-style-type: none"> <li>▪ <math>\frac{1}{4}</math> to <math>\frac{1}{2}</math> a slice of bread</li> <li>▪ 4 tablespoons cooked rice, pasta or cereal</li> <li>▪ <math>\frac{1}{4}</math> cup dry cereal</li> <li>▪ 1 to 2 crackers</li> </ul>
Vegetables	2 to 3	75	1 tablespoon per year of age of cooked vegetables
Fruits	2 to 3	75	<ul style="list-style-type: none"> <li>▪ <math>\frac{1}{4}</math> cup of cooked or canned fruit</li> <li>▪ <math>\frac{1}{2}</math> piece of fresh fruit</li> <li>▪ <math>\frac{1}{4}</math> to <math>\frac{1}{2}</math> cup of fruit juice</li> </ul>
Dairy	2 to 3	300 to 450	<ul style="list-style-type: none"> <li>▪ <math>\frac{1}{2}</math> cup of milk</li> <li>▪ <math>\frac{1}{2}</math> ounce or one 1-inch cube of cheese</li> <li>▪ <math>\frac{1}{3}</math> cup of yogurt</li> </ul>
Protein group: meat, fish, poultry & tofu	2	200	<ul style="list-style-type: none"> <li>▪ 1 ounce or two 1-ince cubes of solid meat</li> <li>▪ 2 tablespoons of ground meat</li> <li>▪ <math>\frac{1}{2}</math> of an egg (yolk &amp; whites)</li> </ul>
Legumes: dried beans, peas, lentils	2	200	2 tablespoons or $\frac{1}{8}$ of a cup of soaked and cooked legumes
Peanut Butter (smooth only)		95	1 tablespoon peanut butter spread thin on bread, toast or crackers