

Toddlerhood



NUTRITION PROGRAM

Your child-ready diet

Enjoy the recommended servings from the five food groups to give your pregnancy – and your child -to-be – a healthy start! Here's what a day of nutritious, balanced eating could look like...

**1 min
to read**

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The infographic is divided into five sections, each with a grey background and rounded corners, containing illustrations of food items and their corresponding serving sizes in orange callout boxes.

- Vegetables:**
 - 1 cup vegetable juice (2 SERVINGS)
 - 1 tomato (1 SERVING)
 - 1 cup green salad (1 SERVING)
 - 1 cup cooked broccoli (2 SERVINGS)
- Fruit:**
 - 1 small orange (1 SERVING)
 - 1 small banana (1 SERVING)
 - 3/4 cup blueberries (1 SERVING)
 - 1 small apple (1 SERVING)
- Dairy:**
 - 2 cups low-fat milk (2 SERVINGS)
 - 2/3 cup low-fat plain yogurt (1 SERVING)
- Grains:**
 - 1 slice whole-grain bread (1 SERVING)
 - 3 graham crackers (1 SERVING)
 - 2/3 cup brown rice (2 SERVINGS)
 - Ready-to-eat unsweetened cereal (1 SERVING)
 - 3/4 cup cereal (1 SERVING)
 - 1 wholegrain pita pocket (15cm across) (2 SERVINGS)
 - 43g (1 1/2 oz) pretzels (2 SERVINGS)
- Protein:**
 - 1 slice (28g (1oz)) cheese (1 SERVING)
 - 1 egg (1 SERVING)
 - 1 sliced turkey (28g (1oz)) (1 SERVING)
 - 1 fish (85g (3oz)) (3 SERVINGS)

Eat **6** servings of **vegetables** per day

Eat **9** servings of **grains** per day (half should be wholegrains)

Eat **6** servings of **meat/fish/protein** foods per day

Eat **3** servings of **dairy** foods per day

Eat **4** servings of **fruit** per day

Sources

Institute of Medicine Food & Nutrition Board 2006. Dietary Reference Intake: The Essential Guide to Nutrient Requirements. In: Otten, J.J., Hellwig, J.P. & Meyers, L.D. (Eds.). Washington, D.C.: National Academy of Sciences.

www.womenshealth.gov

www.eatright.org

www.cdc.gov

www.acog.org