

How much should my child eat?

We all know young children don't need to eat as much as an adult, but how can you be sure your child is eating the right amount for their size?

This brochure offers some guidelines to help you judge how much is enough for your child.

Mengle Memorial Library
324 Main Street
Brockway, PA 15824
814-265-8245
menglelibrary.org

Library hours are:
Monday through Thursday ~ 10-7
Friday and Saturday ~ 10-5
(Summer Saturday hours ~ 10-2)

The Mengle Memorial Library has received grant funding to become a Family Place Library! This project is made possible by a grant from the Institute of Museum & Library Services as administered by the Pennsylvania Department of Education through the Office of Commonwealth Libraries, & the Commonwealth of Pennsylvania, Tom Corbett, Governor.

Nutrition for Toddlers

1-2-3 Grow with Me



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Toddler portion sizes

How much is enough?

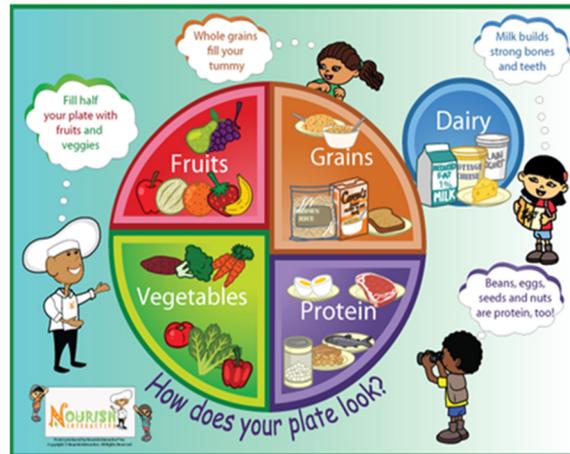
It can be hard to know how much a small child should eat. Their stomachs are small, and it doesn't take a lot to fill them.

According to the American Academy of Pediatrics, a good guideline is that a toddler portion size should equal about a quarter of an adult portion size.

Examples of toddler size portions include:

- 1/4 to 1/2 slice of bread
- 1/4 cup of dry cereal
- 1 to 2 tablespoons of cooked [vegetables](#)
- 1/2 piece of fresh [fruit](#)
- 1/3 cup of yogurt
- 1/2 [egg](#)
- 1 tablespoon of smooth peanut butter (if no risk of [food allergies](#)) spread thinly on bread or a cracker
- 1 ounce of meat

If your toddler wants to eat more, you can always give seconds, like another tablespoon of vegetables or the other half of a piece of fruit.



The only important nutritional limits are not to overdo it on [milk](#) and [juice](#). Any more than 16 to 24 ounces of milk and 4 to 6 ounces of fruit juice will likely fill up your child so that he isn't hungry for real food.

Healthy Snacks for toddlers

Toddlers have small stomachs, and may need both a morning and afternoon snack to give them the energy they need for their daily activities.

Here are some ideas for healthy between meal snacks.

Fruits:

- Sliced apples, peaches, bananas, or pears
- Sliced plums or cherries
- Strawberries
- Dried fruits such as raisins, plums, or berries

Cooked and diced vegetables:

- Carrots
- Green beans
- Potatoes

Grains:

- Bagel cut into bite sized pieces
- Whole grain crackers
- Pretzels
- Dry cereal

Dairy:

- Cheese: slices or diced
- Yogurt
- Cottage cheese
- Milk

Protein:

- Peanut butter spread thinly on bread or crackers
- Fish such as canned tuna or whitefish