

## Sample Menu for a 2-year-old Child

This menu shows a typical day of healthy eating for a 2-year-old child who weighs about 27 lbs, from the American Academy of Pediatrics.

### Breakfast

- Cereal (1/2 cup, iron-fortified), or 1 egg
- Fruit (1/3 cup – for example, banana, cantaloupe or strawberries)
- Whole wheat toast (1/2 slice)
- Margarine or butter (1/2 teaspoon)
- Jelly (1 teaspoon)
- Fat free milk (1/2 cup)

### Snack

- Crackers (4) with cheese or hummus or 1/2 cup cut-up fruit or berries
- Water (1/2 cup)

### Lunch

- Sandwich (1/2): whole wheat bread (1 slice), meat (1 oz or 1 slice), slice of cheese, veggie (avocado, lettuce or tomato)
- 2-3 carrot sticks (cut up) or 2 tablespoons other dark-yellow or dark-green vegetable
- Low-fat oatmeal cookie (1 small) or 1/2 a cup of berries
- Fat free milk (1/2 cup)

### Snack

- Apple (1/2, sliced), grapes (1/3 cup, sliced), or orange (1/2)
- Fat free milk (1/2 cup)

### Dinner

- Meat (2oz, about the size of the child's palm)
- Vegetable (2 tablespoons)
- Pasta, rice or potato (1/3 cup)
- Fat free milk (1/2 cup)

### Prevent choking by:

- Your toddler should be seated when eating
- Don't allow your toddler to eat in a moving car
- Round firm foods such as hot dogs, whole grapes, and apple chunks are common choking dangers before the age of 4 years. Cut them up into small pieces!
- Remind your toddler not to speak with food in his/her mouth

**NO** Television during mealtime!

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