

Daily dietary recommendation for toddlers

Below are the specific dietary recommendations issued by the American Heart Association (AHA) and the American Academy of Pediatrics (AAP) for children ages 1 to 3.

	Age		Comments
	1 year	2-3 years	
Calories (kcal/day)	900 kcal/day*	1000 kcal/day*	*Based on sedentary lifestyle. Add 0-200 kcal/day if moderately active and 200-400 kcal/day if very active.
Fat	30%-40%	30%-35%	Daily serving size equals approximately 4 tsp. Avoid trans fats.
Milk/dairy	2 cups	2-2½ cups	Low-fat or reduced-fat milk should not be started before age 2 unless patient is overweight/obese. Can substitute ½ oz. processed cheese, ½ cup low-fat yogurt, or 2½ tbs. of nonfat dry milk for ½ cup liquid milk.
Lean meats and beans	1.5 oz	2-4 oz	Introduce and serve fish. Can substitute 1 egg, 1 tbs. peanut butter, or ¼ cup cooked beans for 1 oz. of meat.
Fruits	1 cup	1-1½ cups	Serving sizes are ¼ cup for age 1; 1/3 cup for ages 2-3.
Vegetables	¾ cup	1-1½ cups	Serving sizes are ¼ cup for age one, 1/3 cup for ages 2-3. A variety of vegetables should be given.
Grains	2 oz	3-5 oz	Half of all grains should be whole grains. Serving size = ½ cup pasta or rice, ½ muffin/bagel, 1 tortilla.

Adapted from the AAP Guidelines for Pediatric Nutrition and the American Heart Association's Dietary Recommendations for Healthy Children. (Sources: Holt et al, Kleinman)