2-3 year toddler diet pattern:

***break fast idea:***

7 oz or 1/ 2 cup milk with anything from below list

1.oats with fruits and nuts(5-8 tb sp)

2. anda paratha

3. weetabix milk fruits

4.french toast with milk

5.pan cakes with fruits

6.1 or 1/2 bread with ½ teaspoon margarine or butter(try to make her eat whole wheat bread)

**Snacks 1**

1.fruit

2.crackers

3.boiled eggs

4.boiled potatoes/mashed potatoes (2-5 tbsp)

**Lunch ideas**

1.normal roti with home made salan yougrt

2. whole wheat sandwiches

3.2 shami kebab

4.boiled veggies with chicke pieces and roti

**snack 2:**

1.custard with jelly

2.kheer

3.sawaiyan

4.hummus if baby like the taste

5.1 cup milk

 **Dinner:**

1.sphegetti with minced meat and veg(3-4 tbspoon)

2.sandwich with vegetables or keema

3.rice (boiled or fried 5-8 tbsp)

4.grilled fish or chicken pieces

5.lentils with rice or roti or with spoon

do add vegetables plus 2-3 ounce of meat

**Snack 3**

1/2 cup milk

**general guidelines**:

she should not take more than 3 cups o milk daily.

in winters try to give her egg daily

1 cup fruit daily

1 cup vegetables

3 ounce protein foods

not more than 2 biscuits and small bar of chocolate

avoid packed fruit juices give her fresh fruit or fresh fruit juice.

you can add cheese ,cream cheese by making different recpies or use them in sandwiches 2 year baby can eat everything cooked in the home only keep in mind she takes fruits,vege,milk,meat(chicken,mutton) and nuts almost daily.. and egg,youghrt,lentils every alternative day.