

Weekly Meal Tracker

Fill in the circles below to track your toddler's progress toward a balanced diet.
Go to choosemyplate.gov/myplate to learn about planning a healthy menu for your toddler.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits 	1 CUP	1 CUP	1 CUP	1 CUP	1 CUP	1 CUP	1 CUP
Veggies 	1 CUP	1 CUP	1 CUP	1 CUP	1 CUP	1 CUP	1 CUP
Grains 	3 OZ	3 OZ	3 OZ	3 OZ	3 OZ	3 OZ	3 OZ
Protein 	2 OZ	2 OZ	2 OZ	2 OZ	2 OZ	2 OZ	2 OZ
Dairy 	2 CUPS	2 CUPS	2 CUPS	2 CUPS	2 CUPS	2 CUPS	2 CUPS

Not quite there?

Go & Grow by Similac® has OptiGRO™ with DHA, Lutein, and Vitamin E, which rounds out your toddler's nutrition no matter what they're eating.



Daily Toddler Nutrition Goals

The daily nutrition goals* below may help you plan your toddler's meals. If you're not sure he's getting all the nutrients he needs, Go & Grow by Similac® can help balance his diet.

