

## Sample Meal Plan for Toddler aged 1- 2 years old

	Sample 1	Sample 2
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 1-2 slice of toast</li> <li>• 1 teaspoon of margarine</li> <li>• 1 glass of milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 bowl of cereal + milk</li> </ul>
<b>Lunch/Dinner</b>	<ul style="list-style-type: none"> <li>• ½ cup of cooked rice</li> <li>• 2 tablespoon of carrot</li> <li>• 2 tablespoons of spinach</li> <li>• ½ piece of fish (eg Kembong masak pindang)</li> <li>• ½ slice of papaya</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup of cooked noodles in anchovies soup</li> <li>• 2 tablespoons of bak choy</li> <li>• 2 tablespoons of tauke</li> <li>• ½ piece of chicken drumstick</li> <li>• ½ slice of pineapple</li> </ul>
<b>Snack (mid morning/ afternoon) (Choose 1 option)</b>	<ul style="list-style-type: none"> <li>• Breast milk (if child is still being breastfed)</li> <li>• 1 small size banana (eg pisang mas)</li> <li>• 1 sandwich</li> <li>• 1 cup milkshake</li> <li>• 1-2 biscuits</li> </ul>	

Adapted from Nutritionists' Choice Cookbook

Remember your child will decide **HOW MUCH** to eat; all you need to do is provide healthy food choices, and offer water throughout the day.

 LIKE

My  
**NutriBaby**

Facebook page

[www.mynutribaby.org.my](http://www.mynutribaby.org.my)

Spearheaded by



Nutrition Society of Malaysia (NSM)

In collaboration with



Obstetrical & Gynaecological Society of Malaysia (OGSM)



Malaysian Paediatric Association (MPA)



National Population & Family Development Board (JPPKN)

Supported by



PHILIPS  
AVENT