



Feeding the under 3s
the food they need

Daily Dietary Assessment Chart

What has your toddler eaten today?

www.littlepeoplesplates.co.uk

	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast						
AM Snack						
Lunch						
PM Snack						
Evening meal						
Before bed / during the day						
TOTAL						
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

This chart has been developed to help you assess what your toddler is eating and to know how closely this meets the recommendations for a toddler's daily intake.

How to use this chart: For each food included in the meal place a tick in the column of the food group it comes from. Some foods may require a tick in two columns, e.g. Apple crumble contains fruit and sugar. Add up the ticks and record the totals for each food group. Compare these to the daily recommendations in the bottom row.

See the *Guidance & Tips for Parents: Combining food for a balanced diet* for more advice.

