

HOW BIG IS A TODDLER HELPING?

Meat, poultry, fish	1 to 2 Tablespoons
Eggs	$\frac{1}{4}$
Cooked dried beans	1 to 2 Tablespoons
Pasta, rice, potatoes	1 to 2 Tablespoons
Bread	$\frac{1}{4}$ slice
Vegetables	1 to 2 Tablespoons
Fruit	1 to 2 Tablespoons or $\frac{1}{4}$ piece
Milk	$\frac{1}{4}$ to $\frac{1}{3}$ cup
Butter, margarine, salad dressing	1 to 2 teaspoons per meal

Note: Toddlers may eat more or less, but this is how much you should serve them to start with. Most toddlers will eat about these amounts of one or two foods.