



Track the protein foods your child eats



Child's name	Chopped meat or poultry	Cooked beans	Egg	Peanut butter	Tofu	Seafood
Monday =						
Tuesday =						
Wednesday =						
Thursday =						
Friday =						
Saturday =						
Sunday =						
Total =						

Write down each type of protein your child eats each day. Use the next page as a guide for how much to offer.



Track the protein foods your child eats



Offer a variety of protein foods each day.

- Include meat and plant-based proteins throughout each week.
- Aim to include seafood two times each week.
- Use these daily protein recommendations as a guide (not a rule).

Notice that portion sizes are different for toddlers, preschoolers, and adults. These numbers are averages. Each person's needs will be different based on their age and activity levels.

Write down each type of protein your child eats each day. At the end of the week, notice if they have eaten a variety of protein foods.

Amount to offer each day

1 and 2-year-olds

Offer **4 toddler-sized** portions of protein foods each day

1 toddler-sized portion equals

- 1 tablespoon chopped meat or poultry
- 2 tablespoons cooked beans
- ½ egg
- ½ tablespoon peanut butter
- 2 tablespoons tofu
- 2 tablespoons, 2 times each week

3-year-olds

Offer **3-4 preschooler-sized** portions of protein foods each day

1 preschooler-sized portion equals

- 2 tablespoons chopped meat or poultry
- 4 tablespoons cooked beans
- 1 egg
- 1 tablespoon peanut butter
- 4 tablespoons tofu
- 2 tablespoons, 2 times each week

4-year-olds

Offer **4 preschooler-sized** portions of protein foods each day

1 preschooler-sized portion equals

- 2 tablespoons chopped meat or poultry
- 4 tablespoons cooked beans
- 1 egg
- 1 tablespoon peanut butter
- 4 tablespoons tofu
- 4 tablespoons, 2 times each week