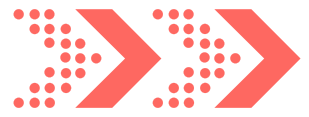




# Track the protein foods your 1 or 2-year-old toddler eats



Offer 4 toddler-sized portions each day



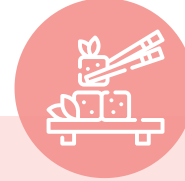
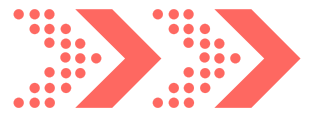
Child's name	Chopped meat or poultry	Cooked beans	Egg	Peanut butter	Tofu	Seafood
	1 tablespoon	2 tablespoons	½	½ tablespoon	2 tablespoons	2 tablespoons 2 times each week
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total						

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



# Track the protein foods your 3-year-old preschooler eats

Offer 3-4 preschooler-sized portions each day



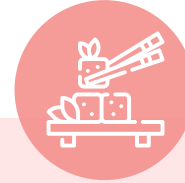
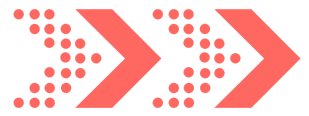
Child's name	Chopped meat or poultry	Cooked beans	Egg	Peanut butter	Tofu	Seafood
	2 tablespoons	4 tablespoons	1	1 tablespoon	4 tablespoons	2 tablespoons 2 times each week
Monday	=					
Tuesday	=					
Wednesday	=					
Thursday	=					
Friday	=					
Saturday	=					
Sunday	=					
Total	=					

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



# Track the protein foods your 4-year-old preschooler eats

Offer 4 preschooler-sized portions each day



Child's name	Chopped meat or poultry	Cooked beans	Egg	Peanut butter	Tofu	Seafood
	2 tablespoons	4 tablespoons	1	1 tablespoon	4 tablespoons	4 tablespoons 2 times each week
Monday	=					
Tuesday	=					
Wednesday	=					
Thursday	=					
Friday	=					
Saturday	=					
Sunday	=					
Total	=					

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