

Nutritional Foods

For 16-Month-Olds



Fruits for vitamins and minerals



Apples, pears, grapes, bananas, apricots, oranges, berries

Grains for dietary fiber

Whole wheat, white/ brown rice, oatmeal, quinoa



Poultry & Eggs for iron and protein



Chicken, duck meat, regular eggs, quail eggs, duck eggs

Milk or Yogurt for calcium and protein

Whole milk, cow milk, plant-based milk/ yogurt, flavored yogurt



Fish for omega-3 & sodium



Tuna, salmon, trout, sardines, halibut

Nuts & Dry fruits for vitamins and folate

Apricots, prunes, pecans, walnuts, almonds, pistachios, cherries



Vegetables for fiber, vitamins, and minerals



Carrots, pumpkin, spinach, broccoli, avocado, peas, sweet potato

Beans & Legumes for vitamins, proteins, iron, and fiber

Black beans, kidney beans, red beans, pinto beans, black lentils, chickpeas



References:

1. Nutrition Guide for Toddlers; Nemours
2. Nutrition for all ages; Purdue University
3. Feeding Your Baby and Toddler (Birth to Age Two); Mott Children's Hospital