



Feeding the under 3s
the food they need

Weekly Dietary Assessment Chart

What has your toddler eaten this week?

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	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total for 7 days						
Average per day						
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 should be used with the Daily Dietary Assessment Chart. To assess weekly intake complete the chart by including the total for each food group for each day that you recorded on the Daily Dietary Assessment Chart. Add up the totals for the seven days.

To get an average daily intake for each food group over the week divide the total by 7.



Practical help and information
on nutrition and development