

Toddler Carb Counting

Feeding toddlers can be fun and trying at the same time. Finding foods that are toddler friendly and counting the carbohydrates can be difficult. This sheet provides the small serving sizes that may be helpful in carb counting for toddler meals. You are also welcome to use [The Perfect Portion Scale](#) and measure the foods your child likes, write the carbs on the baggie and freeze. ☺ Lisa Ameer, MSNH, RD, CDE

- **Suggestions:** Aim for 30-45 grams of carb per meal if patient is a good eater: (Try 15 grams from liquid carb such as 8 ounces milk=15 grams + 15-30 grams from solid carbs such as fruit/grains/yogurts.) If this is too much food aim for 15 grams from liquid + 15 grams solid with insulin reduction. [Print toddler feeding guidelines](#) from Patient Education Handouts for more helpful tips.
- **Infants:** Aim for 15-30 grams. (15-20 grams from breast milk or formula and 10-15 grams from solids/baby food). [Print infant feeding guidelines](#) from Patient Education Handouts for more helpful tips.
- **Breast milk:** 1 ounce of breast milk=2 grams of carb. Mom could pump once to see what an average feed is equal too, but a good estimate is 10-15 minute feed= about 6-8 ounces of breast milk=12-16 grams of carb

| <u>Food</u> | <u>Serving Size</u> | <u>Grams of Carbohydrate</u> |
|----------------|------------------------------|------------------------------|
| French Fry | 1 french fry (~2 inches) | ~0.5 g of carbohydrate |
| Chicken Nugget | 1 nugget (~1 inch) | 3g carbohydrate |
| Pizza | 1/3 of medium slice (1 oz) | 9.2g carbohydrate |
| Milk | 4 oz whole, LF, skim | 6g carbohydrate |
| Chocolate Milk | 4oz flavored whole, LF, skim | 14.5g carbohydrate |
| Banana | ½ small banana | 8g carbohydrate |
| Applesauce | ¼ cup unsweetened | 8g carbohydrate |
| Canned Fruit | ¼ cup unsweetened | 8g carbohydrate |
| Yogurt | 3 oz whole fat | 3g carbohydrate |
| Goldfish | 10 pieces | 3.5g carbohydrate |

| | | |
|----------------------|----------------------------------|------------------|
| Ritz original | 1 cracker | 2g carbohydrate |
| Tater Tot | 1 tot | 2g carbohydrate |
| Cheerios | ¼ cup plain | 5g carbohydrate |
| Fish Stick | 1 stick (~1oz) | 6g carbohydrate |
| Macaroni and Cheese | ¼ cup | 12g carbohydrate |
| Cooked vegetables | ¼ cup (not potato, corn or peas) | 2g carbohydrate |
| Potato, Corn or Peas | ¼ cup | 7g carbohydrate |