

Item	Foods Allowed	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>All, except those on “foods to avoid” list</li> </ul>	<ul style="list-style-type: none"> <li>Raw carrots, unless grated</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>All except those in foods to avoid</li> <li>Limit fruit juice to 125-150 ml (1/2-3/4 c) per day</li> <li>Grapes-chopped (quartered)</li> </ul>	<ul style="list-style-type: none"> <li>Fruits with pits and seeds</li> <li>Grapes unless chopped</li> <li>Hard fruit pieces</li> <li>Raisins, other dried fruit</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>Finely grated raw vegetables, salads made with allowed ingredients</li> <li>Potato Salad, macaroni salad</li> </ul>	<ul style="list-style-type: none"> <li>All others</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>All, except those with ingredients on “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Grain products with ingredients not allowed eg cereal with dried fruit</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>All, excepts those on “foods not allowed” list</li> <li>Homogenized (3.25%) milk <u>until 24 months old</u></li> <li>Skim, 1%, 2 % milk <u>after 24 months</u></li> </ul>	<ul style="list-style-type: none"> <li>Skim, 1%, 2% milk <u>until 24 months old</u></li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>All, excepts those on “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Fish with bones</li> <li>Wieners unless diced or cut lengthwise</li> <li>Nut butter, unless spread thinly on crackers or bread</li> <li>Peanuts and other nuts</li> <li>Sunflower seeds</li> <li>Meats or casseroles containing ingredients not allowed</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>All except those with ingredients on “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Soups made with ingredients not allowed</li> </ul>
<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>All except those with ingredients on “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Oils and fats with ingredients not allowed</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>All in moderation, except those with ingredients on “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Desserts and sweets with ingredients not allowed</li> <li>Hard candies</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>All, except for those with ingredients in “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Coffee and tea</li> <li>Carbonated beverages</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>All, except for those with ingredients in “foods not allowed” list</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn</li> <li>Foods served with toothpicks</li> <li>Salt, pepper, and herb packages</li> </ul>

**Notes:** For children aged 1-3 (12-36 months) years old

**References:** Food safety in Children older than 1 Year Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) 2013, WRHA Nutrition and Food Service Pediatric Diet Compendium