

- ✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

# Feeding Your Toddler from 1 to 2 Years

Good nutrition is important for your child's health. This guide will help you choose the foods your child needs to grow up healthy.

## Tips for getting your child to eat healthy foods

- » Offer a variety of foods each day.
- » Be a good role model for your child by eating healthy yourself.

## Tips for making mealtimes fun

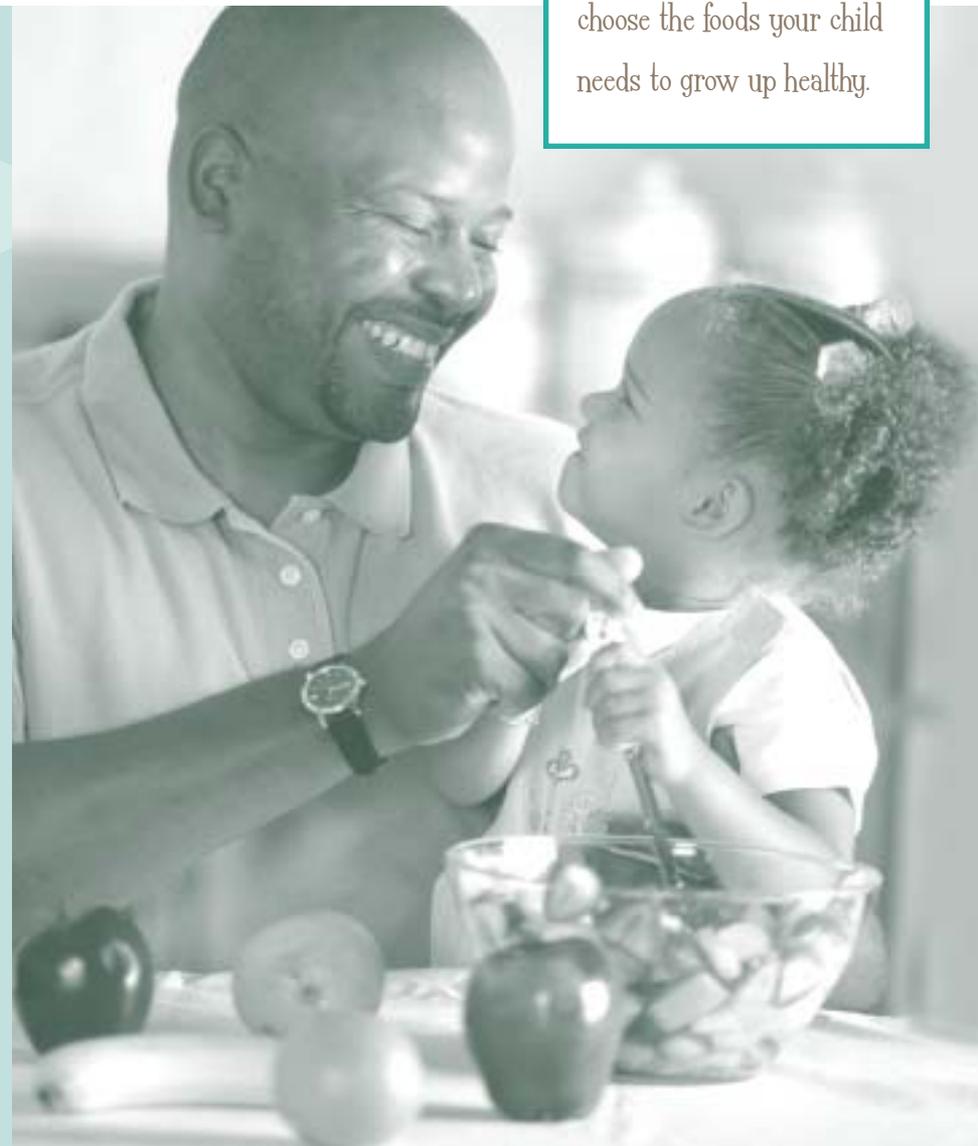
- » Eat meals together as a family. Sit at the table and turn off the TV.
- » Use your child's favorite plate, cup, bowl, and fork or spoon.
- » Do not use food to reward, bribe, or punish your child.
- » Be patient - children are messy eaters.

## Tips on feeding your child new foods

- » Serve small portions of new foods with favorite foods. Don't force your child to eat. Don't worry if your child skips a meal or doesn't eat much.
- » Keep serving the new food even if your child does not eat it. It may take several times before he tries the food.

## Taking the bottle away from your child

- » By the time your child is one year old, he should be using a cup.
- » Your child should be weaned from the bottle by 14 months of age.



## Food Groups & Serving Sizes for Toddlers

- » Your child needs to eat a meal or snack every 2 to 3 hours.
- » Serve meals and snacks around the same time every day.
- » At mealtime, serve your child small portions of what the family is eating. Let your child decide whether to eat and how much.

Below is a list of the foods your child should have every day.



## Sample Menu

Breakfast:	hot cereal, milk
Morning Snack:	graham crackers, orange juice
Lunch:	ham sandwich, green beans, banana, milk
Afternoon Snack:	dry cereal, yogurt
Dinner:	Chicken, cooked carrots, cooked broccoli, plain noodles, milk
Snack:	animal crackers, milk

### Milk, Yogurt, and Cheese (4 Servings each day)

- Use whole milk products until your child's second birthday.
- Some examples of a serving are:
- » 1/2 cup whole milk
  - » 1 slice cheese
  - » 1/2 cup yogurt or pudding



### Vegetables (3 servings each day)

- Some examples of a serving are:
- » 1/2 cup cooked vegetables
  - » 1/2 cup tomato or vegetable juice
  - » 1/2 cup tomato or spaghetti sauce



### Fruit (2 servings each day)

- Choose fruits and juices without added sugar.
- Some examples of a serving are:
- » 1/2 of a medium piece of fruit
  - » 4 ounces fruit juice – Choose 100% juice or WIC allowed juices
  - » 1/2 cup chopped fresh, canned, or frozen fruit



### Bread, Cereal, Rice, & Pasta (6 servings each day)

- Choose whole grain breads and cereals. Some examples of a serving are:
- » 1/2 to 1 tortilla or slice bread
  - » 1/2 cup dry cereal
  - » 1/2 cup cooked cereal
  - » 1/2 cup rice, pasta, or noodles
  - » 4 crackers



### Meat and Beans (2 servings each day)

- Some examples of a serving are:
- » 2 ounces meat or poultry
  - » 1/2 cup canned or cooked dry beans or peas
  - » 2 ounces tofu



### What your child needs to drink

- » Your child needs about 2 cups of whole milk a day.
- » Limit juice to 4 ounces a day.
- » Give your child water between meals and snacks.



### Fats, Oils, and Sweets

- Eat less of these foods.** Some examples are:
- » butter, margarine, or oil
  - » cookies, candy and cake
  - » soda or Malta and iced tea
  - » fruit drinks such as Sunny Delight, Hi C, Kool-Aid
  - » fast food



### Foods to Avoid

- Some foods are more likely to cause allergies or choking in children. **Avoid giving your child the following foods:**
- » Egg whites
  - » Nuts, seeds, and peanut butter
  - » Fish and shellfish
  - » Popcorn
  - » Round pieces of food, such as grapes, carrots, or hot dogs