

Toddler Feeding Guide

Age 1 to 3 Years

Eating habits often change after the first birthday. You may notice your child eating less. This decrease in appetite is due to slower growth. Your toddler may become pickier.



Tips for Feeding your Toddler

- Keep a variety of healthy foods on hand to offer your toddler.
- Offer small portions and allow your toddler to stop eating when full.
- Offer all liquids from a cup.
- Offer 4 ounces or less per day of juice.
- Too many liquids may lead to poor eating.
- Use non-food rewards such as praise or hugs.
- Whole milk is recommended for toddlers until age 2. The fat content is needed for your toddler's brain development. After age 2 use 1% or fat free milk and dairy foods.

Family Meals

Start early with family meals to help your toddler develop better eating habits.

- Your toddler will learn to make healthier food choices and be more accepting of new foods.
- Family meals help the toddler to develop role models.
- Children who participate in family meals have a decreased risk for risky behaviors in older childhood and adolescence.
- Your toddler will be at lower risk for obesity.
- Eating with the family will help the child to develop social skills.

Preparing for mealtime

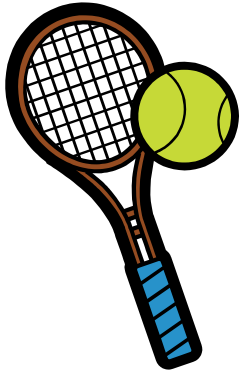
- Keep mealtime pleasant.
- Allow your child to begin using a spoon.
- Prepare for mealtime by turning off the TV.
- To meet all your toddler's needs, 5-6 small meals per day is best.
- It takes 8-10 tries before a toddler may accept a new food. It is normal for a toddler to reject a food the first few times it is offered.

Tips for preventing choking

- Always watch your toddler when eating.
- Encourage children to sit while eating.
- Foods that are firm, smooth, slippery or round can cause problems.
- Cut foods into child sized pieces.

Child Feeding Guide

Age 1 to 3 Years



Feeding Guide

<u>Food</u>	<u>Portion size</u>	<u>Servings per day</u>
Milk and dairy	½ cup (4 oz.)	4-5
Meats	1-2 oz.	2
Fruits & Veggies	2-3 Tablespoons	4-5
Grains -		3-4
breads	½ -1 slice	
cereals	¼ -½ cup	

½ cup cereal, rice or pasta is about the size of a golf ball

½ cup milk or yogurt is about the size of a half tennis ball

1 tablespoon is about the size of a woman's thumb



Sample Menu

Breakfast

½ cup cereal
4 oz. milk*
4 oz. juice
2-4 Tablespoons fruit

Lunch

½ turkey sandwich
½ cup cooked vegetables
½ banana
Water

Dinner

2 oz. cooked meat
½ cup cooked vegetables
½ cup rice, pasta, or potato
4 oz. milk*

Snack

2-4 crackers with cheese
4-6 oz. milk*

Snack

4-6 oz. milk*
1 graham cracker

* Children under the age of two should be given whole milk and dairy products.



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