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

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion size</th>
<th>Servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk and dairy</td>
<td>½ cup (4 oz.)</td>
<td>4-5</td>
</tr>
<tr>
<td>Meats</td>
<td>1-2 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Fruits &amp; Veggies</td>
<td>2-3 Tablespoons</td>
<td>4-5</td>
</tr>
<tr>
<td>Grains - breads</td>
<td>½ -1 slice</td>
<td></td>
</tr>
<tr>
<td>Grains - cereals</td>
<td>¼ -½ cup</td>
<td></td>
</tr>
</tbody>
</table>

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.