

# Toddler Feeding Guide

## Age 1 to 3 Years

Eating habits often change after the first birthday. You may notice your toddler eating less. This decrease in appetite is due to slower growth. Your toddler may become more picky about what to eat.



### Tips for Feeding

- 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 praise, hugs, or fun activities rather than food as rewards.
- Offering too many liquids may lead to poor eating.
- Serve all liquids from a cup.
- Offer 4 ounces or less per day of juice.
- Use whole milk until age 2. The fat content is needed for your toddler's brain development. After age 2 use 1% or fat-free milk and low-fat dairy foods.



### Preparing for Mealtime

- Keep mealtime pleasant.
- Allow your toddler 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.

### Family Meals

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

Family meals will:

- Help your toddler be more accepting of new foods.
- Help your toddler develop social skills.
- Help role model healthy eating.
- Result in a lower risk of obesity.

### Tips for Preventing Choking

Foods that are firm, smooth, slippery or round can cause problems.

- Always watch your toddler when eating.
- Encourage toddler to sit while eating.
- Cut foods into toddler sized pieces.



# Toddler Feeding Guide

## Age 1 to 3 Years



### Feeding Guide

<u>Food</u>	<u>Portion size</u>	<u>Servings per day</u>
<b>Milk and Dairy</b>	½ cup (4 oz)	4 - 5
<b>Meats</b>	1 - 2 tablespoons	2
<b>Fruits and Vegetables</b>	2 - 3 tablespoons	4 - 5
<b>Grains -</b>		3 - 4
breads	½ - 1 slice	
cereals	¼ - ½ cup	

### Portion-Size Guide

1 cup = baseball



½ cup = ½ baseball



2 tablespoons = golf ball



### Sample Menu

#### Breakfast

¼ - ½ cup cereal  
4 oz milk\*  
4 oz juice  
2 - 3 tablespoons fruit

#### Lunch

½ turkey sandwich  
¼ cup cooked  
    vegetables  
½ banana  
Water

#### Dinner

2 tablespoons cooked meat  
4 tablespoons cooked vegetables  
¼ - ½ cup rice or pasta  
4 oz milk\*

#### Snack

2 - 4 crackers with cheese  
4 oz milk\*

#### Snack

½ cup yogurt\*  
2 - 3 tablespoons fruit

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



COMMONWEALTH OF KENTUCKY  
DEPARTMENT FOR PUBLIC HEALTH  
275 EAST MAIN STREET, HS2W-D  
FRANKFORT, KY 40621-0001  
5.3 L Rev. 4/12 PAM-ACH-074



This institution is an equal opportunity provider.