Feeding Your Toddler

Ages 12 to 24 months

Prevent Tooth Decay

- Let your toddler begin to drink from a small cup with a spill-proof top. Later, let your toddler practice drinking from a small cup without the spill-proof top. Remember, spills are normal.
- Toddlers should stop drinking from a bottle by the time they are 12 to 14 months old. Ask your nutritionist for ideas on how to wean your toddler from the bottle.
- Do not let your toddler sip juice, milk, or sweet drinks frequently during the day or at bedtime. Instead, give your toddler water when he or she is thirsty between meals or at bedtime.

Physical Activity

- Toddlers should play actively each day. Active play includes: running, skipping, climbing, hopping, jumping, throwing a ball, dancing, playing with riding toys, and playing with push/pull toys such as wagons or strollers. Toddlers should not sit still for 1 hour or more at a time, except when sleeping.

Television

- Children under 2 years of age should not watch any television.

Prevent Choking

- Toddlers should always sit up while eating.
- Toddlers should be told to take small bites and completely chew food before swallowing.
- Cut soft fruits and cooked vegetables into small pieces—not in round, coin-shaped slices. Remove seeds, pits, and tough skins. Make sure grapes, cherries, and berries are cut into small pieces.
- Cut hot dogs and sausage-shaped meats into small, thin pieces—not in round, coin-shaped slices.
- Mash cooked beans.

Eat Fish, Choose Wisely

Young children can eat 1 to 2 servings a week of a variety of fish that are lower in mercury. The serving size is 1 ounce.

Some fish low in mercury are:
- canned light tuna
- catfish (farm-raised)
- pollock
- salmon
- shad, tilapia
- whitefish
- whiting

Due to their mercury content:
- do not eat
- OR eat no more than once per month

- Shark
- King Mackerel
- Swordfish
- Tilefish
- Orange Roughy
- Bigeye Tuna
- Blackfin Tuna
- Little Tunny
- Cobia
- Marlin

If you eat fish caught by family or friends, check for local or state fish advisories.

Be Wise...Immunize!

- Children need shots to protect them from disease.
- Bring each child's shot record each time you come to WIC.

Breastfeeding

- Breastfeeding is recommended and is healthy for toddlers.
- Continue to breastfeed your toddler as long as you both enjoy it.
- The nutritionist or breastfeeding educator can help you with questions about breastfeeding or weaning your toddler.

Florida Department of Health, WIC Program
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In Florida, some of the fish advisories say do not eat OR eat no more than once per month the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.
Daily Food Guide for Toddlers Ages 12 to 24 months

- Use this food guide to help you choose foods to serve to your toddler each day. The total amount your toddler eats will vary depending on his or her activity level and growth.
- Typical portion sizes for toddlers are shown in each food group below and in the meal and snack ideas. Portion sizes for toddlers are usually smaller than portion sizes for adults and older children.
- Toddlers should be offered 3 meals and 2 to 3 snacks per day.

### Protein Foods
**Total of 2 ounces every day**

**One ounce equals:**
- 1 oz well-cooked and chopped meat, poultry, or fish; 1 cooked egg; or ¼ cup cooked beans

### Vegetables
**Total of 3 portions every day**

**One portion equals:**
- ¼ to ½ cup cooked, chopped vegetables
- ½ cup 100% vegetable juice

### Dairy
**Total of 4 portions every day**

**One portion equals:**
- ½ cup whole milk
- 1 oz cheese
- ½ cup yogurt

Toddlers under age 2 years should drink whole milk. They need the extra fat in whole milk for growth. At 2 years old, begin fat free or 1% lowfat milk.

### Grains
**Total of 6 portions every day**

**One portion equals:**
- ½ to 1 slice of bread
- ¼ to ½ cup cooked cereal, rice, or pasta
- ½ cup ready-to-eat cereal
- 2 small plain crackers
- ½ waffle or pancake
- ½ tortilla
- ½ hamburger bun, roll, or 3-inch bagel

### Fruits
**Total of 3 portions every day**

**One portion equals:**
- ¼ to ½ cup chopped, cooked, or canned fruit
- ½ cup 100% fruit juice

Limit fruit juice to 4 oz (½ cup) per day.

### Oils
**Total of 3 teaspoons every day**

**One teaspoon (5 grams) oil equals:**
- 1 teaspoon liquid vegetable oil
- 1 tablespoon low-fat mayonnaise
- 1 tablespoon salad dressing
- 1 teaspoon margarine with zero trans fat

Limit solid fats like butter, regular margarine, shortening, and lard, as well as foods that contain these ingredients.

### Sample Meals for Toddlers

#### Breakfast 1
- ½ cup WIC cereal
- ½ cup whole milk
- ½ cup 100% fruit juice

#### Breakfast 2
- 1 cooked egg
- 1 slice whole wheat toast
- 1 teaspoon margarine
- ½ cup 100% fruit juice

#### Lunch 1
- ½ hamburger on roll
- ½ cup cooked green beans
- ¼ cup chopped peaches
- ½ cup whole milk

#### Lunch 2
- ½ cup macaroni and cheese
- ½ cup cooked, chopped broccoli
- ¼ cup chopped grapes
- ½ cup whole milk

#### Dinner 1
- 1 ounce chopped chicken
- ½ cup noodles
- ½ cup cooked, chopped carrots
- ¼ cup applesauce
- ½ cup whole milk

#### Dinner 2
- ¾ cup rice and beans
- ½ cup cooked, chopped carrots
- ¼ cup applesauce
- ½ cup whole milk

#### Snack Ideas
- 4 animal crackers
- ½ cup whole milk
- ½ cup yogurt
- ½ cup chopped strawberries

- ½ cup soft-cooked carrots with 1 tablespoon salad dressing

### Feeding Tips for Your Toddler

- Parents are responsible for offering toddlers healthy foods at regular mealtimes.
- Toddlers are responsible for how much food they eat at each meal.
- Toddlers should be encouraged to try at least one bite of a new food.
- Toddlers should not be forced to eat certain foods or to eat all of the food they are given at a meal.