Toddlers

What should my toddler eat and drink?

- Your toddler needs to eat a variety of foods every day using the **Daily Food Guide for Toddlers Ages 12 to 24 months** shown on the other side of this pamphlet.
- Make sure you limit high sugar and high fat foods so your toddler has room for healthy foods. Too much milk, juice, or sugary drinks can "fill up" a toddler. Your toddler may then have a poor appetite and not eat other important foods that would help him or her to grow and be healthy.
- Toddlers under age 2 years should drink whole milk. They need the extra fat in whole milk for growth. At 2 years, begin fat free or 1% lowfat milk. Talk to your WIC nutritionist or health care provider about reduced fat milk if your toddler is above the 85th percentile weight-for-height.
- Limit fruit juice to ½ cup or 4 fluid ounces per day.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these ingredients.

Active Play

Toddlers should play actively each day. Active play includes: running, skipping, climbing, hopping, jumping, throwing a ball, and dancing. Toddlers should not sit still for 1 hour or more at a time, except when sleeping.

Television

Children under 18 months of age should not watch any television. Children 18 to 24 months of age who watch television should only watch educational, non-violent programs. Parents should watch with their children to help them understand what they are seeing.

Growth & Development

- There are milestones to expect at each age, which may vary with each child. For more information about developmental milestones, go to cdc.gov/MilestoneTracker.
- Discuss your child's growth and development with your child's health care provider.

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
FloridaWIC.org
DH 150-394, 9/20

Mealtime Tips

- 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.

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, you can give your toddler water when he or she is thirsty between meals or at bedtime.

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, berries, and tomatoes 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.
- Peanut butter or nut butter can cause choking. Peanut butter or nut butter should only be given when spread thinly on crackers or toast; or thinned and blended into foods.
- These foods can cause choking and should <u>not</u> be given to your toddler:
  - ice cubes
  - popcorn, pretzels, and chips
  - marshmallows
  - large chunks of meat
  - hot, sticky breads
  - nuts, seeds, peanuts
  - raw vegetables such as carrots and celery
  - raisins and other dried fruit
  - fish, chicken, or turkey with bones
  - gum drops, chewing gum, and round-shaped candies

Be Wise...Immunize

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

This institution is an equal opportunity provider.

Daily Food Guide for Toddlers ages 12 to 24 months

These are general guidelines for feeding healthy toddlers. Talk with the nutritionist or health care provider for more information on feeding your toddler. 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. 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 healthy snacks per day.

Dairy

4 portions daily

1 portion equals:

½ cup whole milk
½ cup whole milk yogurt
1 ounce cheese

Protein

2 ounces daily

1 ounce equals:

1 ounce cooked and chopped meat, poultry, or fish
1 cooked egg
¼ cup cooked beans

Fruits

3 portions daily

1 portion equals:

¼ to ½ cup chopped, cooked or canned fruit
½ cup 100% fruit juice

Vegetables

3 portions daily

1 portion equals:

¼ to ½ cup cooked, chopped vegetables
½ cup 100% vegetable juice

Grains

4 to 6 portions daily

1 portion equals:

½ to 1 slice of bread
¼ to ½ cup cooked cereal, rice, or pasta
½ to ¾ cup ready-to-eat cereal
2 to 3 whole grain crackers
½ 4-inch waffle or pancake
½ 6-inch tortilla
1 small roll

Oils

3 teaspoons daily

1 teaspoon equals:

1 teaspoon vegetable oil
1 tablespoon lowfat mayonnaise
2 tablespoons light salad dressing
1 teaspoon margarine

Sample Meals for Toddlers

Breakfast 1

½ cup WIC cereal
½ cup whole milk
½ cup chopped banana

Breakfast 2

¾ cup smoothie with berries and yogurt
½ English muffin
1 teaspoon margarine

Breakfast 3

1 cooked egg
1 slice whole wheat toast
1 teaspoon margarine
½ cup 100% apple juice

Lunch 1

1 small hamburger on small roll
½ cup shredded, cooked sweet potatoes
¼ cup chopped grapes
½ cup whole milk

Lunch 2

½ cup macaroni & cheese
½ cup cooked, chopped broccoli
¼ cup chopped strawberries
½ cup whole milk

Dinner 1

1 ounce chopped, cooked chicken
½ cup noodles
½ cup cooked green beans
¼ cup chopped oranges
½ cup whole milk

Dinner 2

¼ cup cooked black beans
½ cup cooked brown rice
¼ cup cooked, chopped carrots
½ cup applesauce
½ cup whole milk

Snack Ideas

2 whole grain crackers
1 slice cheese

½ cup plain whole milk yogurt
¼ cup chopped peaches

½ cup soft-cooked carrots
2 tablespoons light salad dressing

4 graham crackers
½ cup whole milk