

## Toddlers and Nutrition (1-2 years)

### Eating Guide

Food Group	Major Nutrients	Servings Per Day	Serving Sizes	Food Sources
Protein	Protein Iron	2 to 4	½ ounce meat or 2 tablespoons ½ egg ¼ cup beans or peas 1 tablespoon of peanut butter	<b>Dried beans, cheese, eggs, peanut butter, split peas</b> , beef, cottage cheese, fish, nuts, pork, poultry, tofu, tuna fish
Milk Products	Calcium Protein	6	½ ounce cheese ½ cup milk or yogurt	<b>Whole milk, low fat milk, skim milk, powdered milk, evaporated milk, cheese</b> , yogurt
Vegetables And Fruits	Vitamin A Fiber	1	¼ cup	Apricots, broccoli, cantaloupe, carrots, mangos, nectarines, peaches, pumpkin, peppers, spinach, tomatoes, watermelon, winter squash, sweet potatoes
	Vitamin C  Fiber (not in juice)	1	¼ cup	<b>Juices fortified with vitamin C, orange juice</b> , grapefruit juice, cabbage, cantaloupe, cauliflower, grapefruit, oranges, peppers, strawberries
	Other Vitamins and Minerals Fiber	2	¼ cup	Apples, bananas, berries, celery, cherries, corn, cucumbers, grapes, green beans, lettuce, melons, pears, peas, turnips, zucchini
Breads And Cereals	Carbohydrates B Vitamins Iron Fiber	4 to 6	½ slice bread, roll or tortilla 3 crackers ¼ cup rice, pasta or hot cereal ½ cup cold cereal	<b>Cold Cereal, hot cereal</b> , crackers, macaroni, noodles, spaghetti, rice, rolls, tortillas, white bread, whole wheat bread
Fats and Sugars	These foods provide calories with few nutrients			Butter, margarine, salad dressing, sugar, candy, jam, syrup, soda pop, cake, pie, chips, bacon, Koolaid
WIC foods printed in Bold.				

## Things to Remember

- Your child's growth rate will slow down after his first birthday. So will his appetite.
- Make meal times happy. Do not bribe or force a child to eat any food.
- Give small, child-size servings and let your child ask for more. A good guide is 1 spoonful for each year of age.
- Introduce a new food along with favorite foods. Offer different flavors and textures.
- Whole milk is best for your child until at least 2 years of age.
- Young children need snacks between meals. Offer snacks at least 2 hours before meals. Meals and snacks should be served about the same time each day.
- Children may go on food jags and eat only one or two foods.
- Foods refused today may be accepted later. Keep trying!

