



FEEDING YOUR 1 YEAR OLD

HEALTHY EATING TIPS

LET YOUR CHILD CHOOSE HOW MUCH TO EAT

Children's appetite's vary day to day. After age 1, growth and metabolism slow down, so do not worry if you notice your toddler is less hungry or as interested in each meal.

HEALTHY BEVERAGES

Offer water between meals, instead of milk or juice. Milk and juice can fill up a child and decrease the amount of food consumed at mealtimes. Your toddler only needs up to 16 oz milk and 4 oz or less of juice in a day. Around 12 months is when your child should transition off the bottle to an open cup.

MAKE MEALTIMES SAFE

Continue to prepare foods that are safe for your child including: chopped or ground whole nuts, uncooked veggies cut into thin strips or cooked until soft, tiny round foods cut in half. Cut hot dogs into thin half moons, spread nut and seed butters thin, avoid hard small foods like popcorn. Children should always be sitting and supervised while

APPROACHES TO TODDLER EATING

Offer small and frequent meals. Allow 2-3 hours between meals and snacks in order for your child to be hungry for the next time of eating. If your child is not showing interest in vegetables it is okay to 'hide' veggies into dishes they like, such as spinach blended into mac & cheese or zucchini shredded into pancakes. Also make sure you keep some vegetables visible to get them comfortable exploring new veggies.

FEEDING GUIDE- Age 1

Food Group	Age 1	Serving Sizes
Fruits: Focus on whole fruits	1 cup	<p>1 cup from the Fruit Group counts as:</p> <ul style="list-style-type: none"> - 1 cup raw, frozen, or cooked/canned fruit; or - ½ cup dried fruit; or - 1 cup 100% fruit juice
Vegetables: Vary your veggies	¾ cup	<p>1 cup from the Vegetable Group counts as:</p> <ul style="list-style-type: none"> - 1 cup raw or cooked/canned vegetables; or - 2 cups leafy salad greens; or - 1 cup 100% vegetable juice
Grains: Make half your grains whole grains	2 ¼ ounces	<p>1 ounce from the Grains Group counts as:</p> <ul style="list-style-type: none"> - 1 slice bread; or - 1 ounce ready-to-eat cereal; or - ½ cup cooked rice, pasta, or cereal
Protein Foods: Vary your protein	2 ounces	<p>1 ounce from the Protein Foods Group counts as:</p> <ul style="list-style-type: none"> - 1 ounce seafood, lean meat, or poultry; or - 1 egg; or - 1 Tbsp peanut butter; or - ¼ cup cooked beans, peas, or lentils
Dairy: Whole fat for children under 2	1 ¾ cup	<p>1 cup from the Dairy Group counts as:</p> <ul style="list-style-type: none"> - 1 cup dairy milk or yogurt; or - 1 cup lactose-free dairy milk or yogurt; or - 1 cup fortified soy milk or yogurt; or - 1½ ounces natural cheese