

NUTRITION & HEALTHY LIFESTYLE TIPS FOR CHILDREN 1-2 YEARS OLD

WHAT SHOULD MY TODDLER EAT AND DRINK AND HOW MUCH?

- She should be weaned off the bottle and use a cup at 12 months of age.
- Limit milk consumption to 12-16 oz. per day. Whole milk is recommended from 12-24 months of age. Daily Vitamin D intake should be 600 IU.
- Juice is not part of a healthy diet. Encourage drinking water when thirsty.
- At mealtime, offer small portions of what the rest of your family is eating (for example: bread, pasta, or rice, fruits & vegetables, cheese or yogurt, and cooked lean meat, poultry, fish or eggs).
- A good rule of thumb: a serving portion is equal to 1 level tablespoon per year of age.
- Toddlers do best with 5 or 6 small meals a day (3 meals and 2 to 3 snacks/day). “Snacks” are just small meals; fruits and vegetables are good snacks, not just cheese and crackers.
- Kids need to learn to enjoy the different textures of fruits and vegetables. Remember to cut into appropriately sized pieces to avoid choking. Serve fruits and vegetables in their natural form as much as possible and save fruit and veggie pouches for when you are out and about.

HOW DO I AVOID FOOD STRUGGLES AND MAKE MEALTIMES ENJOYABLE?

- The main way to prevent food struggles is to teach your child to feed himself as early as possible! Allow your child to pace the feedings himself. Do not put food into your child’s mouth just because he has inadvertently opened it!
- Put your child in charge of how much he eats. Children eat as much as they need for growth and energy. A child’s body grows first, THEN the appetite responds to this growth spurt and not the other way around. Forced feeding is the main cause of eating power struggles!
- Be patient when your toddler makes a mess while learning to feed herself - this is normal. A toddler needs to “explore” food by mashing, feeling and smelling foods before she accepts it!
- Create a relaxed setting for meals. Cut down on distractions. Turn screens off.
- Remember you are responsible for what, when, and where your child eats. Your toddler is responsible for how much he eats or whether he eats at all! A child’s appetite is more varied than an adult; he may be very hungry one day and not so hungry the next. This is normal.
- It is likely your toddler will initially seem easy to please and will try almost anything. Then suddenly your toddler may display independence and control over her own choices.
- Continue to serve a new food even if your toddler has rejected it previously. It may take 8-10 tries before your toddler accepts the new food.
- Establish limits and set simple rules such as: the family eats at the table together, and food is for eating, not for throwing or playing.

The Daily 5-2-1-0

 <p>5 servings of fruits & vegetables</p>	 <p>2 hour limit on screen time (TV, computer, & video games)</p>	 <p>1 hour active play or exercise</p>	 <p>0 liquid calories (pop, sweetened juices, or sports drinks)</p>
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For more advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.