



Sample Guide For FEEDING YOUR 1-YEAR-OLD TODDLER

This food guide shows common portion sizes to offer to toddlers. The amount your toddler eats will change daily. Your child may eat a lot one day and very little the next. Let your child choose how much and what to eat out of the foods you offer.

>> VEGETABLES

SUGGESTED AMOUNT = 3 toddler portions each day

One toddler portion equals:

- ¼ to ½ cup soft or cooked vegetables
- 2 to 4 ounces of 100% vegetable juice

>> FRUITS

SUGGESTED AMOUNT = 3 toddler portions each day

One toddler portion equals:

- ¼ to ½ cup chopped, cooked, or canned fruit
- 2 to 4 ounces of 100% fruit juice

*Limit fruit juice to 4 oz (1/2 cup) per day

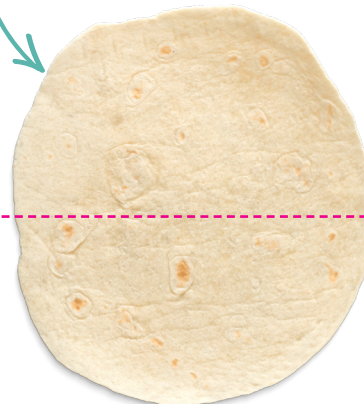
>> GRAINS

SUGGESTED AMOUNT = 6 toddler portions each day

One toddler portion equals:

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

*Make at least 1/2 of the grains, whole grains



Offer toddlers 6 small meals per day –
3 MEALS PLUS 2 TO 3 SNACKS.



Trust your child to eat when they are hungry and stop when they are full.



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TO REDUCE THE RISK OF CHOKING:

- * Your child should always be seated while eating.
- * Cook foods like vegetables to make them softer if necessary.
- * Avoid offering possible choking hazards such as whole grapes, hard candy, popcorn, nuts and chunks of peanut butter.
- * Always stay in the room to supervise when your child is eating. Even better, sit down and have a meal with your child!



>> DAIRY FOODS

SUGGESTED AMOUNT = 4 toddler portions each day

One toddler portion equals:

- ½ cup whole milk
- 2 tablespoons of cheese
- ½ cup yogurt

**Toddlers under age 2 years should drink whole milk. They need the extra fat in whole milk for growth and development. You can also continue to offer human milk!*



>> PROTEIN FOODS

SUGGESTED AMOUNT = 4 toddler portions each day

One toddler portion equals:

- 1 tablespoon well-cooked and chopped meat, poultry, or fish
- ½ cooked egg
- 2 tablespoons cooked beans
- ½ tablespoon peanut butter (spread on bread)
- 2 tablespoons tofu


>> OILS*

Only a small amount, no more than 3 portions every day

One portion equals:

- 1 teaspoon liquid vegetable oil
- 1 tablespoon low-fat mayonnaise
- 1 tablespoon salad dressing
- 1 teaspoon margarine

**Limit solid fats like butter, regular margarine, shortening, lard, and foods containing these ingredients.*



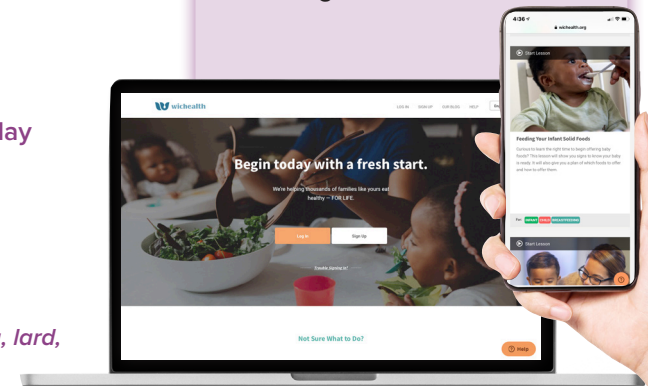
* Cut food into smaller pieces. Foods should be no larger than ½ inch when served to children under 4.

Take This Lesson to Learn:

- What foods to avoid to prevent possible choking.
- Common cues for hunger and fullness.
- Tips to continue to breast or chestfeed your toddler.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:
Feeding Your 6 To 24-Month Old
- Choose the lesson:
Feeding Your 1-Year-Old



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