

# ONE To Two YEAR OLD FEEDING YOUR CHILD



It's baby's first birthday. What happens now? Generally growth slows down and the child's appetite decreases. It is also common for young children to become picky eaters. Your job is to offer a variety of healthful foods every day.

HERE'S AN EXAMPLE OF A HEALTHY, BALANCED MENU FOR YOUR 1-2 YEAR OLD.

**BREAKFAST:**

1/2 cup milk  
1/4 cup dry cereal  
1/2 slice toast  
1/2 cup orange juice

**MID-MORNING:**

2 graham crackers  
1/4 cup yogurt

**LUNCH:**

1/2 sandwich with 1 slice turkey  
1 tsp. mayonnaise  
1/4 cup green beans  
1/4 cup sliced peaches  
1/2 cup milk

**AFTERNOON:**

3 saltine crackers  
1/2 oz. cheese  
cooked veggie sticks

**DINNER:**

3 Tbsp. baked chopped chicken  
1/3 cup rice  
1 tsp. margarine  
1/4 cup cooked carrots  
1/4 cup apple sauce  
1/2 cup milk

**EVENING SNACK:**

1/2 small banana  
2 vanilla wafers  
1/2 cup milk

Give your child whole milk until 2 years of age. Fat is an important part of a young child's diet. Therefore, children under age 2 should not be put on a low-fat diet. Fat provides necessary energy growth and brain development.



The following chart will assist you in providing a well-balanced meal to your 1-2 year old. Remember that the basic food groups work together for growth and good health. One is not more important than the other.

## 1-2 years

Food	Serving Size	Daily Servings
<b>Grain Group</b>		6 or more
bread	1/2 slice	
dry cereals	1/4 cup	
cook cereal, noodles, rice	1/4 cup	
crackers	2-3	
<b>Fruit Group</b>		2-4
fresh fruit	1/2 small	
canned fruit	1/4 cup	
fruit juice	1/4 cup	
<b>Vegetable Group</b>		3-5
<b>Milk Group</b>		3-4
whole cow's milk from a cup	1/2 cup	
yogurt, cottage cheese, pudding	2-4 Tbsp.	
American cheese	1/2 oz.	
<b>Meat Group</b>		2
egg	1	
cooked meats	1-2 Tbsp. (1 oz.)	
dried beans, peas	1-3 Tbsp.	
<b>Fats, Oils, Margarine</b>	1 tsp.	3-4

Do not give raw carrots, nuts, peanut butter, popcorn, whole grapes, raisins, hard candies, or hot dogs which may cause your baby to choke.

## QUESTIONS AND ANSWERS

How do I get my child to try new foods?

Try putting a small amount of the new food on your child's plate without bribing or pressuring him to eat it. Don't be upset if he does not try it the first time or even after several attempts. It can take as many as 7 to 8 exposures to a new food before a child will accept it.

What can I do if my child refuses to eat vegetables?

It is important to continue offering your child vegetables if he is ever going to learn to like them. However, fruits contain many of the same nutrients found in vegetables. Try giving your child more fruits until he starts eating vegetables. You can also easily hide vegetables in spaghetti by cooking them until they become soft and their nutrients dissolves into the sauce. Adding grated squash or carrots to muffins is another simple disguise. You can even try adding grated vegetables to hamburger patties. Let your imagination be your guide. If your child refuses a vegetable, wait several weeks and offer it again.

My child seems more interested in playing with his food than eating it.

What do I do?

Young children are messy eaters. However, throwing food or utensils on the floor is generally a sign that your child is probably not hungry. He should not be allowed to stay at the table. He can return to the table when he is ready to eat or he can wait until the next schedule meal or snack.

What should I do if my child won't eat what I offer?

Don't be a short-order cook for your child. Offer a variety of foods at each meal and make sure your child will like at least one item on his plate. Offer 3 meals and 3 snacks a day, 2 to 3 hours apart. Do not allow food or drink 1 hour prior to a meal. If your child refuses to eat anything, don't reward him by giving him a favorite food. Children will not starve themselves. They will eat what you provide when they are hungry.

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

