

Nutrition for 1 to 2 Years of Age

- 🍎 By age 1, your child is eating every 2-3 hours during the day.
- 🍎 If previously formula fed, he/she is now being switched to regular milk (cow/almond/soy/rice/etc.). Your child does not need fat free milk yet.
- 🍎 Try to serve the meals and snacks at the same everyday.
- 🍎 If your child sees you eating healthy, then he/she will eat healthy. Be a good role model and offer a variety of foods everyday. Eat meals together as a family and serve your child small portions of what the family is eating. Let your child decide whether to eat and how much.
- 🍎 Never use food as a reward/punishment/bribe. Be patient with your child -- they are messy eaters and it takes at least 10 different tries before a child may like a given food.
- 🍎 Offer small portions of new foods with favorite foods.
- 🍎 Do not worry if your child skips a meal or only eats a small portion. Don't force your child to eat. There are many reasons children refuse to eat what you offer them:
 - ✅ They just had a snack.
 - ✅ They know you will give them what they want if they wait long enough (cookie, favorite food, "better" meal like french-fries or chicken nuggets).
 - ✅ They like the way you fuss over them when they refuse to eat.
 - ✅ They don't feel good or are tired.

Food Groups & Serving

Milk, Yogurt, and Cheese	(4 Servings each day)	1/2 cup whole milk 1 slice cheese 1/2 cup yogurt or pudding
Vegetables	(3 servings each day)	1/2 cup cooked vegetables 1/2 cup tomato or vegetable juice 1/2 cup tomato or spaghetti sauce
Fruit	(2 servings each day)	1/2 of a medium piece of fruit 1/2 cup chopped fresh, canned, or frozen fruit
Bread, Cereal, Rice, & Pasta (Choose whole grain, brown rice)	(3-4 servings each day)	1/2 tortilla or slice bread 1/4 cup dry or cooked cereal 1/4 cup rice, pasta, or noodles 2-3 crackers
Meat and Beans	(2 servings each day)	2 ounces meat or poultry 1/2 cup canned or cooked dry beans or peas 2 ounces tofu
What your child needs to drink		Your child needs about 2 cups of whole milk a day. Juice has no nutritional value, but if you decide to offer this to your child, limit to 4 ounces a day. Give your child water between meals and snacks.
Fats, Oils, and Sweets	Eat less of these foods.	Butter, margarine, or oil Cookies, candy and cake Soda or Malta and iced tea Fruit drinks such as Sunny Delight, Hi C, Kool-Aid Fast food

Foods to Avoid (Some foods are more likely to cause choking in children.) **Avoid giving your child the following foods:**

- 🚫 Whole nuts/seeds (crushed is fine)
- 🚫 Thick spoonfuls of peanut butter (may use a thin spread)
- 🚫 Fish and shellfish with high levels of mercury
- 🚫 Popcorn
- 🚫 Round pieces of food, such as grapes, carrots, or hot dogs

New research suggests that delaying introduction to foods may actually increase the potential for developing an allergy to that food.