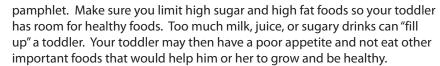


Feeding Your Toddler Ages 12 to 24 months

These are general guidelines for feeding healthy toddlers. Talk with the nutritionist or health care provider for more information on feeding your toddler.

What should my toddler eat and drink?

Your toddler needs to eat a variety of foods every day using the Daily Food Guide for Toddlers Ages 12 to 24 months shown on the other side of this



Prevent Tooth Decay

- Let your toddler begin to drink from a small cup with a spill-proof top. Later, let your toddler practice drinking from a small cup without the spill-proof top. Remember, spills are normal.
- Toddlers should stop drinking from a bottle by the time they are 12 to 14 months old. Ask your nutritionist for ideas on how to wean your toddler from the bottle.
- Do not let your toddler sip juice, milk, or sweet drinks frequently during the day or at bedtime. Instead, you can give your toddler water when he or she is thirsty between meals or at bedtime.

Breastfeeding

- Breastfeeding is recommended and is healthy for toddlers. Continue to breastfeed your toddler as long as you both enjoy it.
 - The nutritionist or breastfeeding educator can help you with questions about breastfeeding or weaning your toddler.

Be Wise...Immunize!

- Children need shots to protect them from disease.
- Bring each child's shot record each time you come to WIC.

Florida Department of Health, WIC Program

This institution is an equal opportunity provider. www.FloridaWIC.org



DH 150-394, 1/16

running, skipping, climbing, hopping, jumping, throwing a ball, dancing, playing with riding toys, and playing with push/ pull toys such as wagons or strollers. Toddlers should not sit still for 1 hour or more at a time, except when sleeping.

Television

Children under 2 years of age should not watch any television.

Prevent Choking

- Toddlers should always sit up while eating.
- Toddlers should be told to take small bites and completely chew food before swallowing.
- Cut soft fruits and cooked vegetables into small pieces not in round, coin-shaped slices. Remove seeds, pits, and tough skins. Make sure grapes, cherries, and berries are cut into small pieces.
- Cut hot dogs and sausage-shaped meats into small, thin pieces—not in round, coin-shaped slices.
- Mash cooked beans.
- These foods can cause choking and should not be given to your toddler:

ice cubes marshmallows raisins and other dried fruit large chunks of meat hot, sticky breads

popcorn, pretzels, and chips raw vegetables such as carrots and celery fish, chicken, or turkey with bones gum drops, chewing gum, and round-shaped candies nuts, seeds, peanuts, peanut butter, and nut butter*

*If peanut butter or nut butter is given to your child, it should be thinned and blended well into foods such as yogurt or fruit puree.



Eat Fish, Choose Wisely

Young children can eat 1 to 2 servings a week of a variety of fish that are lower in mercury. The serving size is 1 ounce.

Some fish low in mercury are: canned light tuna, catfish (farm-raised), pollock, salmon, shad, tilapia, whitefish, and whiting.

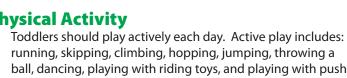
Due to their mercury content, do not eat the following:

Shark, King Mackerel, Swordfish, Tilefish, Orange Roughy, Bigeye Tuna, Blackfin Tuna, Little Tunny, Cobia, and Marlin.

If you eat fish caught by family or friends, check for local or state fish advisories.

In Florida, some of the fish advisories say do not eat OR eat no more than once per month the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.







Daily Food Guide for Toddlers Ages 12 to 24 months

- Use this food quide to help you choose foods to serve to your toddler each day. The total amount your toddler eats will vary depending on his or her activity level and growth.
- Typical portion sizes for toddlers are shown in each food group below and in the meal and snack ideas. Portion sizes for toddlers are usually smaller than portion sizes for adults and older children.
- Toddlers should be offered 3 meals and 2 to 3 snacks per day.

Protein Foods

Total of 2 ounces every day

One ounce equals:

1 oz well-cooked and chopped meat, poultry, or fish; 1 cooked egg; or ¼ cup cooked beans







Vegetables

Total of 3 portions every day

One portion equals:

½ to ½ cup cooked, chopped vegetables ½ cup 100% vegetable juice





Dairy

Total of 4 portions every day

One portion equals:

½ cup whole milk 1 oz cheese ½ cup yogurt



Total of 3 portions every day

Limit fruit juice to

One portion equals:

½ cup 100% fruit juice

Toddlers under age 2 years should drink whole milk. They need the extra fat in whole milk for growth. At 2 years old, begin fat free or 1% lowfat milk.

1/4 to 1/2 cup chopped, cooked, or canned fruit



½ hamburger bun, roll, or 3-inch bagel



Total of 6 portions every day

One portion equals:

½ to 1 slice of bread 1/4 to 1/2 cup cooked cereal, rice, or pasta

½ cup ready-to-eat cereal

2 small plain crackers

½ waffle or pancake

½ tortilla



Oils

Total of 3 teaspoons every day

One teaspoon (5 grams) oil equals:

1 teaspoon liquid vegetable oil

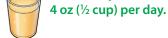
1 tablespoon low-fat mayonnaise

1 tablespoon salad dressing

1 teaspoon margarine with zero trans fat



Limit solid fats like butter, regular margarine, shortening, and lard, as well as foods that contain these ingredients.



Fruits

Mealtime Tips

- Parents are responsible for offering toddlers healthy foods at regular mealtimes.
- Toddlers are responsible for how much food they eat at each meal.
- Toddlers should be encouraged to try at least one bite of a new food.
- Toddlers should not be forced to eat certain foods or to eat all of the food they are given at a meal.

Sample Meals for Toddlers

Breakfast 1 Breakfast 2 ½ cup WIC cereal 1 cooked egg

1 slice whole wheat toast ½ cup whole milk ½ cup 100% fruit juice 1 teaspoon margarine ½ cup 100% fruit juice

Lunch 1 Lunch 2

½ hamburger on roll ½ cup macaroni and cheese ½ cup cooked green beans ½ cup cooked, chopped ¼ cup chopped peaches broccoli ½ cup whole milk ½ cup chopped grapes ½ cup whole milk

Dinner 2

Dinner 1

1 ounce chopped chicken ³/₄ cup rice and beans ½ cup noodles ½ cup cooked, chopped carrots ½ cup cooked green peas 1/4 cup applesauce ½ cup chopped oranges ½ cup whole milk ½ cup whole milk

Snack Ideas

4 animal crackers ½ cup whole milk	2 graham crackers ½ banana		
½ cup yogurt	2 whole grain crackers		
½ cup chopped strawberries	1 slice cheese		

½ cup soft-cooked carrots with 1 tablespoon salad dressing

Feeding Tips for Your Toddler

_			