



Feeding Your Toddler

Your child is now learning to eat more solid foods and is more active. Good nutrition gives your child what he needs for growth, health, and energy for playing, moving and learning.

- Serve a variety of foods each day. Your child will want to eat what you eat. Set a good example by eating healthy yourself.
- Always sit at the table to eat. Have three meals and two to three snacks around the same time every day.
- At mealtime, serve your child small portions of what you are eating. Let him decide whether to eat and how much, and don't expect him to clean his plate.
- Sit at the table and eat meals together as a family. Turn off the TV and phones.
- Be patient – children can be messy eaters.
- Children eat more on some days than others. Don't worry if your child skips a meal or doesn't eat much.
- Keep serving new foods even if your child does not eat them the first few times.
- It is normal for children to eat less after the first year. They are not growing as fast.
- Have your child off the bottle by 14 months of age. You can do this by offering an uncovered cup at meals and snacks. Limit the use of sippy cups and stop using by 18 months of age.
- Do not use food to reward, bribe or punish your child.
- Dental care is important. Your child's teeth need to be brushed twice a day.

How much food for a toddler?

Offer one tablespoon of each kind of food. Let your child ask for more. Watch for signs of fullness.

Food Group	Daily Servings	Tips
Grains	4-5	Choose whole grain breads and cereals.
Fruits	2	Choose fruits and juices without added sugar.
Vegetables	2	Offer a variety of colorful vegetables.
Dairy	2	Use whole milk products until your child's second birthday.
Protein	2	Foods included in this group are meat, beans, fish, poultry, eggs and peanut butter.

What Your Child Needs To Drink

- Your child needs about 2 cups (4 or 5 four-ounce servings) of whole milk a day.
- Limit juice to 4 ounces a day.
- Give your child water between meals and snacks.

Sample Menu

Breakfast	hot cereal, milk
Morning Snack	yogurt, water
Lunch	sandwich, green beans, banana, milk
Afternoon Snack	dry cereal, orange juice
Dinner	chicken, cooked carrots and broccoli, noodles, milk
Bedtime Snack	toast, milk

Some foods can cause choking. Foods to avoid:

- Hard candy, raisins and gum
- Nuts, seeds, popcorn and chips
- Round pieces of food like grapes, raw carrots or hot dogs



WIC Because
You Care

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