



Oklahoma State Department of Health
Creating a State of Health

Information adapted from Ellyn Satter, MS, RD, LCSW, BCD,
author of *Child of Mine*.

The American Academy of Pediatrics recommends that children who drink less than 1 liter per day of vitamin D-fortified milk should receive a vitamin D supplement of 400 IU/day. Since 1 liter of milk is more than the recommended 2 cups of milk per day for pre-school children, most children will require a vitamin D supplement.

Alcohol, tobacco, and drug exposure are hazardous to a toddler. Eliminate substance use and give your child a healthy start. For more information, including referrals, ask your WIC counselor.

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Feeding Your Toddler



Responsibilities

Feeding your toddler is an adventure! As a caregiver, you have three responsibilities in the feeding process:

- what food is served
- when food is served
- where food is served

Your toddler is responsible for:

- how much of the food he eats
- whether he eats any of it at all

Switching from a Bottle to a Cup

- Your toddler should be using a cup by one year of age.
- Offer a small amount of liquid in a cup. Help your toddler practice bringing the cup to her mouth and drinking.
- When your toddler can drink the smaller amounts, start adding more liquid to the cup. Keep in mind that large amounts of liquid can decrease her appetite.
- Your toddler should be weaned from the bottle by 14 months of age.

Tips for Getting a Toddler to Eat New and Healthy Foods

- Offer a variety of food each day.
- Serve small portions of new or disliked foods with something that he generally likes.
- Keep serving the new or disliked food. It may take several times before he tries it.
- Be a good role model by eating the healthy food yourself.

Tips for Making Mealtimes Successful & Fun

- Eat meals and snacks as a family at the table.
- Turn off the “screens”. Your family will get more benefit from the time together if they are not distracted by the TV, computer, or text messages.
- Offer everyone in the family the same food. Beware of short order cooking.
- Serve three meals a day at set times with planned snacks between meals.
- Offer a meal or snack every 2 to 3 hours.
- For safety’s sake, always watch your toddler while he is eating to check for choking.

These Actions can Lead to Unhealthy Children and Unhappy Mealtimes

- using food as a reward, bribe, or punishment
- making your toddler clean his plate
- making special foods when your toddler refuses to eat what is being served

Portion Sizes and Food Group Examples

Portion sizes may vary with tummy size! Your toddler may eat more or less, but this is how much you can serve to start with:

Choose at least 6 breads, grains, cereals/day

- 1/4 slice of bread
- 1 to 2 tablespoons rice, pasta, or cereal

Choose at least 3 vegetables/day

- 1 to 2 tablespoons of cooked vegetables
- 1/4 cup vegetable juice



Choose at least 2 fruits/day

- 1/4 fresh whole fruit
- 1 to 2 tablespoons fresh, frozen, or canned with no added sugar/syrup

Choose at least 2 meats, poultry, fish, dry beans, eggs/day

- 1 to 2 tablespoons meat, poultry, or fish
- 1 to 2 tablespoons cooked beans
- 1/4 egg

Choose at least 2 to 3 milk, yogurt, cheese/day

- 1/4 to 1/3 cup milk
- 1/4 to 1/3 cup yogurt
- 1/4 ounce cheese

Fats/oil/sweets (not all the time!)

- 1 teaspoon of butter, margarine, or oil
- 1/2 teaspoon of sugar, jelly, or syrup

Foods to limit (choose more nutritious foods than these)

- cookies, candy, and cake
- soda pop
- fruit/sports drinks
- fruit juice (limit to 4-6 oz/day)
- fried foods
- processed foods

Caution! These foods might cause choking:

- hotdogs
- nuts and seeds
- whole grapes
- cherries
- hard candies
- marshmallows
- popcorn
- raw carrots
- apples
- sausages or meat sticks
- chunks of peanut butter
- chewing gum

