

I Am a Toddler

Look at me!

I am ready to eat most of the foods you eat but I still need your help.



Watch me while I begin to:

- Start drinking cow's milk.
- Eat more table foods.
- Eat less some days and more others.
- Be picky with what I eat.
- Try new foods and textures.
- Wean off the bottle and drink from a cup.
- Use a fork and spoon.
- Feed myself and make a mess.

Help me learn to be a good eater:

- Let me breastfeed as long as we both want.
- Give me three meals and two snacks a day.
- Eat together as a family.
- Do not let me fill up on milk.
- Let me feed myself.
- Offer me a new food with a favorite food.
- If I say no to a new food, try again later.
- No need to add sugar, butter, or salt to my food.
- I will eat when I am hungry and stop when I am full.
I will not eat if you force me to!
- Offer me a variety of foods.
- Offer me water instead of sweet drinks (like juice).

Keep me away from foods I might choke on:

- Nuts and seeds
- Raw or hard vegetables
- Large pieces of fruit
- Hard/sticky candies
- Spoonful of peanut butter
- Popcorn
- Tough meat

I may be able to eat these foods if you cut them into tiny pieces:

- Grapes
- Cherry tomatoes
- Soft or cooked vegetables
- Soft or cooked fruit
- Tender meat





Here are a few other things you can do to keep me safe and healthy:

- Brush my teeth two times every day.
- Buckle me into the high chair every time I am in it.
- Buckle me into a car seat every time I am in it. Check to make sure it is buckled correctly.
- Keep me away from tobacco smoke.
- Give me only cooked or pasteurized foods and drinks.
- Talk to my health care provider before I try a new food if you have concerns about food allergies.
- Offer me fruits and vegetables at snacks and meals.
- Give me foods of the texture I am ready for.
- Cut my food into tiny pieces.
- Take me to my wellness checkups.
- Keep my shots up-to-date.
- Keep me active! I learn a lot when I play and even more when you play with me.
- Limit my screen time (TV, computer, tablet, and cell phone).

My growth, appetite, and activity will play a part in what serving sizes are right for me. Below are suggested serving sizes of what I should eat each day.

What I Can Eat	Serving Sizes <i>To prevent choking, serve me foods in the size and texture that I am ready for.</i>	Number of Times per Day
Whole Grains	½ slice bread; ¼- ½ cup dry cereal; 1-3 crackers; ¼ cup cooked pasta, rice, or cereal	6
Fruit	¼ cup canned, cooked, or fresh fruit; ½ cup 100% fruit juice	2-4
Vegetables	¼ cup cooked vegetables, ½ cup vegetable juice	2-4
Dairy	½ cup milk, ⅓ - ½ cup yogurt, ½ -1 slice of cheese, ¾ ounce of cheese	2-4
Protein	½-1 cooked egg; 1-ounce of cooked meat, poultry, or seafood; 1 tablespoon peanut butter (spread thin or mixed in recipes); ¼ cup cooked beans, peas, or lentils	2

Talk to my nutritionist at WIC if you have any questions about feeding me.

