

GROWING UP HEALTHY



Offer a variety of healthy food. Eating together as a family is fun!

Thirsty? Offer water. Healthy eating habits start early.

Concerned about your child's height or weight? Ask your doctor.

Sample Menu for Toddlers

Breakfast:

- 1/4 muffin
- 1/4 cup cold cereal
- 1/2 cup whole milk

Snack:

- 2" piece of banana
- 1/4 cup 100% juice

Lunch:

- 1/4 tuna sandwich
- 1/4 cup applesauce
- 1/2 cup whole milk

Snack:

- 4 Tablespoons cooked carrots
- 2 Tablespoons yogurt

Dinner:

- 1 meatball with 1/4 cup pasta
- 2 Tablespoons cooked broccoli
- 1/4 small roll
- 2 Tablespoons canned peaches
- 1/2 cup whole milk

Snack:

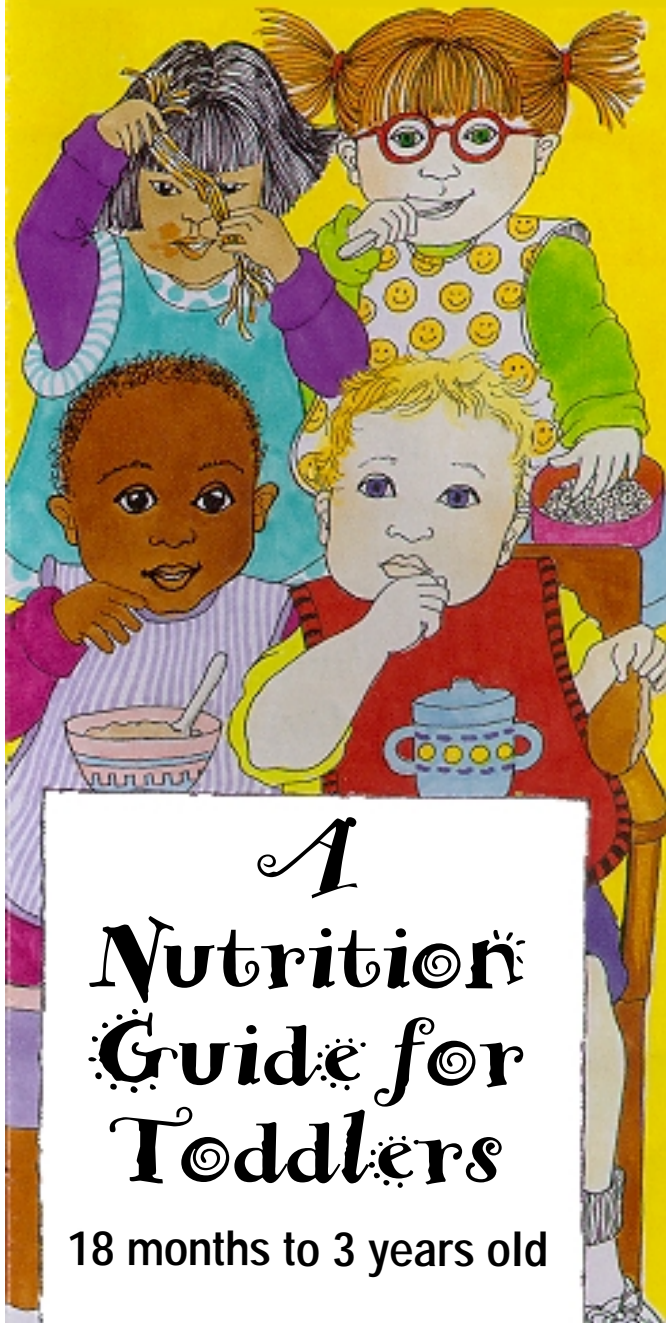
- 2 graham crackers
- 1/2 cup whole milk

You are your child's best teacher. Avoid fighting about food. Nobody wins.

Don't stress about the mess.

Active play is exercise... for everyone!

Growing Up Healthy



A Nutrition Guide for Toddlers

18 months to 3 years old

Start Healthy Habits Early



Keep Teeth Healthy

- Clean your toddler's teeth at least once a day. Use a small, soft toothbrush with only a tiny bit (a pea-sized amount) of fluoride toothpaste.
- Offer healthy snacks like cheese, fresh fruits, and vegetables. Snacking too often on sugary or starchy foods, like cookies, crackers, and dry fruits, can cause cavities.
- Offer your toddler milk with meals and water between meals. Encourage her to use a cup rather than a bottle. Cavities can develop if she drinks milk or sweet liquids throughout the day or night.

Prevent Choking

- Give your child foods that he can chew easily. Until he has all his teeth, he could choke on hard or round foods like hotdogs, whole grapes, raw carrots or apples, nuts or popcorn.
- Have your toddler sit down while eating. He could choke if he walks or runs with food or liquid in his mouth.
- Stay with your child while he is eating.

Make Time for Active Play

- Active play helps your toddler learn what her body can do. She will start a healthy habit for life.
- Healthy food is fuel for playing and learning.
- Find time for your toddler to walk, climb, and run every day.
- Television takes time away from active play.
- Rest is important too. Make sure your child has a nap or quiet time each day.

Healthy Growth

Growth is a measure of good health

- Growth depends mostly on good nutrition and heredity.
- Your child may grow more some months than others. During growth spurts he will usually eat more.
- Regular well-child checkups are important.
- If you are concerned about your child's growth, talk with her doctor or nurse.



A healthy child:

- Has energy to play
- Sleeps well
- Eats a variety of healthy foods
- Feels good about his body

Every child develops in his or her own way. Celebrate the positive ways your child is growing and learning!

If you need help finding health care for your child call Healthy Mothers, Healthy Babies 1-800-322-2588 (voice) or 1-800-833-6388 (tty)



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A parent's job is to provide a variety of healthy foods.

A child's job is to choose how much of those foods to eat.

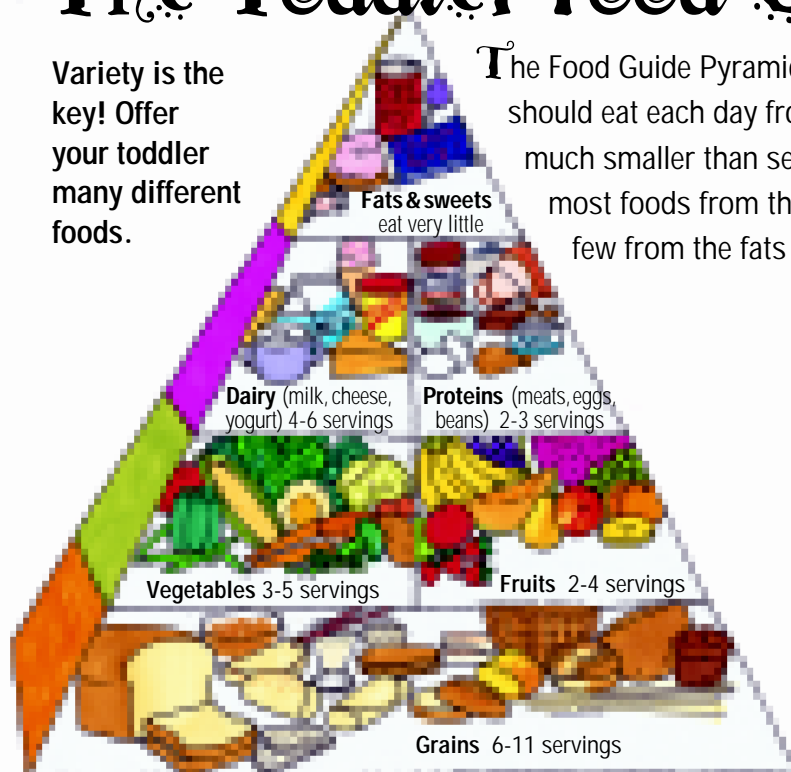
You are your child's best teacher. You teach good habits when you. . .

- Eat a variety of healthy foods
- Eat regular meals - including breakfast
- Eat together as often as possible
- Turn off the TV while you eat
- Limit junk foods
- Wash your hands with soap and water before preparing and eating food
- Eat because you are hungry - not because you are bored
- Exercise regularly
- Choose to drink water when you are thirsty

The Toddler Food Guide Pyramid

Variety is the key! Offer your toddler many different foods.

The Food Guide Pyramid shows the number of servings that we should eat each day from each food group. Toddler servings are much smaller than servings for adults or older children. Choose most foods from the lower sections of the pyramid and very few from the fats & sweets group.



Liquids Offer at least 2 to 3 cups each day (including 2 cups of milk)
Prevent choking: Avoid hard raw foods until your child can chew well.

Toddler Servings:

Food Group	Servings Per Day	Examples of One Toddler Serving Size
Grains	6 to 11	• bread - 1/4 slice • tortilla - 1/4 piece • hot cereal, rice, noodles-2T • cold cereal - 1/4 cup
Vegetables	3 to 5	• cooked / canned - 2 T • raw - 1/4 cup
Fruits	2 to 4	• cooked / canned - 2 T • raw - 1/4 cup • juice - 1 oz. (1/8 cup)
Dairy	4 to 6	• milk, yogurt - 1/2 cup • cheese (Cheddar, Jack, Swiss) 3/4 oz. (= 1 presliced piece)
Protein	2 to 3	• cooked meats - 1/2 oz • cooked ground meat or canned tuna - 2 T • beans/lentils/tofu - 1/4 cup • peanut butter - 1 T
Fats & Sweets	eat very little	

T = Tablespoon

Is your toddler eating enough?

- Your toddler is eating enough if she has plenty of energy and is growing. She may eat more on some days than others.
- Start with small servings at meals and give your child more if he wants it.
- Your toddler's stomach is small. Healthy snacks between meals help give her the energy she needs during the day.
- Too much liquid (juice, sweet drinks, milk) can spoil your child's appetite for solid foods.
- If you are breastfeeding he is getting extra nourishment and comfort.

Learning to eat new foods!

- Your toddler is learning how foods look, feel, taste, and smell. He is also learning how to use a cup and spoon. It's a messy process. Try not to let it bother you.
- Avoid food battles. Making your child eat a food she doesn't want will not help her learn to like it. Offer choices from a variety of healthy foods. Next month she may love the foods she won't eat today.
- Until he is two, your toddler needs the fat in whole milk for growth and energy. After age two, your child can drink lower fat milk.