

# Toddler Feeding Guide

## Age: 12 to 18 months Signs of readiness for self-feeding

- Can start to use a spoon himself (though proficiency will take a while!)

## What to feed

- Whole milk
- Other dairy (soft pasteurized cheese, full-fat yogurt and cottage cheese)
- Same food as family, mashed or chopped into bite-size pieces
- Iron-fortified cereals (rice, barley, wheat, oats, mixed cereals)
- Other grains (whole wheat bread, pasta, rice)
- New fruits: melon, papaya, apricot, grapefruit
- New vegetables: broccoli and cauliflower "trees"
- Protein (eggs; cut-up or ground meat, poultry, boneless fish; tofu; beans; thinly spread smooth peanut butter)
- Citrus and non-citrus juice
- Honey is now okay

## How much per day

- 2 to 3 servings dairy (1 serving = ½ cup milk, ½ to 1 oz. cheese, 1/3 to ½ cup yogurt or cottage cheese)
- 4 to 6 servings cereals and other grains (1 serving = ¼ to 1/3 cup cereal, ¼ cup pasta or rice, ¼ to ½ slice bread or bagel)
- ¼ to ½ cup fruit
- ¼ to ½ cup vegetables
- 2 servings protein (1 serving = 2 tablespoons ground or two 1-inch cubes meat, poultry, or fish; 1 egg; ¼ cup tofu or cooked beans; 1 tablespoon smooth peanut butter)
- 3 to 4 oz. juice

## Feeding tips

- Introduce new foods one at a time, with at least three days in between to make sure your child's not allergic.
- Choking hazards are still a danger.

REMEMBER AS THE PARENT YOUR JOB IS TO PUT HEALTHY FOOD IN FRONT OF YOUR TODDLER, IT IS UP TO YOUR TODDLER TO EAT WHAT HE OR SHE WANTS AND HOW MUCH HE OR SHE WANTS!!!!

TODDLERS WON'T STARVE THEMSELVES TO DEATH IF FOOD IS AVAILABLE BUT THEY WILL WAIT FOR YOU TO GIVE IN AND GIVE THEM WHAT THEY WANT OR JUNK FOOD!!!!