

# Toddler Feeding Guide

## Age: 18 to 24 months Feeding skills to look for

- Self-feeding
- Food phrases like "more" and "all done"

## What to feed

- Whole milk
- Other dairy (natural hard cheese, soft pasteurized cheese, full-fat yogurt and cottage cheese, pudding)
- Iron-fortified cereals (rice, barley, wheat, oat, mixed cereals)
- Other grains (whole wheat bread and crackers, cut-up bagels, pretzels, rice cakes, ready-to-eat cereals, pasta, rice)
- Fruit, cooked, canned or fresh, cut up or sliced (apples, bananas, peaches, strawberries, pears, cherries, grapes, plums, oranges, grapefruit)
- Dried fruit, soaked until soft so it won't pose a choking hazard (apples, apricots, peaches, pears, dates, pitted prunes, raisins)
- Vegetables, cooked and mashed or diced (carrots, green beans, cauliflower, broccoli, yams, potatoes, peas)
- Protein (eggs; cut-up or ground meat, poultry, boneless fish; tofu; beans; smooth peanut butter)
- Combo foods like macaroni and cheese, casseroles
- Fruit and vegetable juices

## How much per day LOOK AT HOW SMALL THE SERVING SIZE IS!!

- 2 to 3 servings dairy (1 serving = ½ cup milk; ½ to 1 oz. cheese; 1/3 to ½ cup yogurt or cottage cheese; ¼ cup pudding)
- 6 servings grains (1 serving = ¼ to ½ slice bread or bagel; 1 or 2 crackers; ¼ cup pasta or rice; 1/3 to ½ cup cooked or ready-to-eat cereal)
- 2 to 3 servings fruit (1 serving = ¼ cup cooked or canned, ½ piece fresh; 1/8 cup dried; ¼ to ½ cup juice)
- 2 to 3 servings vegetables (1 serving = 1 to 2 tablespoons)
- 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)

## 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.

TODDLER'S APPETITE'S ARE VERY SMALL AT THIS AGE SO RELAX AND EXPECT ONLY ONE 'GOOD' MEAL/DAY (USUALLY BREAKFAST)