

Toddler Feeding Guide

Age: 24 to 36 months Feeding skills to look for

- Self-feeding
- Eagerness to make own food choices

What to feed

- Low-fat milk (1% or skim milk)
- Other dairy (diced or grated cheese; low-fat yogurt, cottage cheese, pudding)
- Iron-fortified cereals (rice, barley, wheat, oats, mixed cereals)
- Other grains (whole wheat bread and crackers, cut-up bagels, pretzels, rice cakes, ready-to-eat cereal, pasta, rice)
- Fruits, sliced fresh or canned
- Dried fruit, soaked until soft so it won't pose a choking hazard (apples, apricots, peaches, pears, dates, pitted prunes, raisins)
- Vegetables, cooked and cut up
- 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 **NOTE HOW SMALL THE SERVING SIZE IS!!!!**

One serving for a child this age is about $\frac{1}{4}$ the size of an adult serving.

- 2 to 3 servings dairy (1 serving = $\frac{1}{2}$ cup milk; $\frac{1}{2}$ to $\frac{3}{4}$ oz. cheese; $\frac{1}{2}$ cup yogurt; $\frac{1}{4}$ to $\frac{1}{4}$ cup cottage cheese; $\frac{1}{4}$ cup pudding)
 - 6 servings grains (1 serving = $\frac{1}{2}$ slice bread or bagel; 1 or 2 crackers; $\frac{1}{4}$ to $\frac{1}{2}$ cup pasta or rice; $\frac{1}{3}$ to $\frac{1}{2}$ cup cooked or ready-to-eat cereal)
 - 2 to 3 servings fruit (1 serving = $\frac{1}{4}$ cup cooked or canned, $\frac{1}{2}$ piece fresh, or $\frac{1}{4}$ to $\frac{1}{2}$ cup juice)
 - 2 to 3 servings vegetables (1 serving = 2 to 3 tablespoons)
 - 2 servings protein (1 serving = 2 tablespoons ground or two 1-inch cubes meat, poultry, or fish; 1 egg; $\frac{1}{4}$ cup tofu or cooked beans; 1 tablespoon 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.

Your child may seem to eat less than before — that's perfectly normal at this stage. If you wonder whether he's getting enough calories, use this guideline: The American Academy of Pediatrics recommends that your child get about 40 calories a day for every inch of height.