

Picky eating is very common among toddlers. Sometimes they start refusing food that they once liked.

- Be patient and keep regular meal and snack routines. Provide a variety of healthy foods. Encourage your child to try new foods and accept foods they used to like.
- Involve your child in selecting and preparing foods. They may be more likely to eat them.



Feeding Your Child

1–2 years

Allow your child to decide how much to eat and if they want to eat.

As a parent, you decide what, when and where your child will eat.



- Do not force your child to eat a food or finish what is on their plate
- Do not use food or other things as a reward (promising dessert or a toy for eating vegetables). This may cause your child to not like some foods or to eat more than they need.



Aim to have family meals together by the time your child is 1 year old. Family meals help form healthy eating habits and have other benefits.

- Toddlers need three meals and two to three healthy snacks at regular times each day.
- Eat with your toddler and let him/her be part of family meals.
- Turn off the TV and other electronics during meal-time.



- Your child should be eating the same healthy foods as the rest of the family (non-pureed food items, chopped and cooked vegetables, diced fruits, small bits of meat or chicken, pasta) by age 2.

Feeding Your Child

1–2 years

Plan meals and snacks to provide a variety of healthy food from all food groups for your toddler:



- **Dairy:** Give your child a variety of dairy foods including unflavored, whole cow's milk in a cup between the ages of 1 and 2 years old. Offer $\frac{1}{2}$ cup of milk at each meal and snack. Plain yogurt ($\frac{1}{2}$ to $\frac{3}{4}$ cup) can be given in place of milk during meal or snack times.

- **Fruit:** Give a variety of fruit of different colors. Give your child $\frac{1}{4}$ to $\frac{1}{2}$ cups at each meal or snack.



- **Vegetables:** Give a variety of vegetables, especially dark green, red and orange. These vegetables are high in vitamins and minerals not found in other foods. Give $\frac{1}{4}$ to $\frac{1}{2}$ cups at most meals or snacks.

- **Meat/Protein:** Provide a variety of meat and protein options such as chicken, turkey, fish, meat and beans, lentils or tofu. Give $\frac{1}{2}$ to 1 ounce at most meals and snacks. Avoid processed foods high in salt such as ham, lunch meats, chicken nuggets or fish sticks.

- **Grains:** Give your child whole grain foods such as whole grain bread, whole grain cereal, whole wheat pasta, whole grain tortillas or brown rice. Give $\frac{1}{2}$ to 1 slice of whole grain bread or $\frac{1}{4}$ to $\frac{1}{2}$ cup of whole grain cereal or pasta at most meals or snacks.

