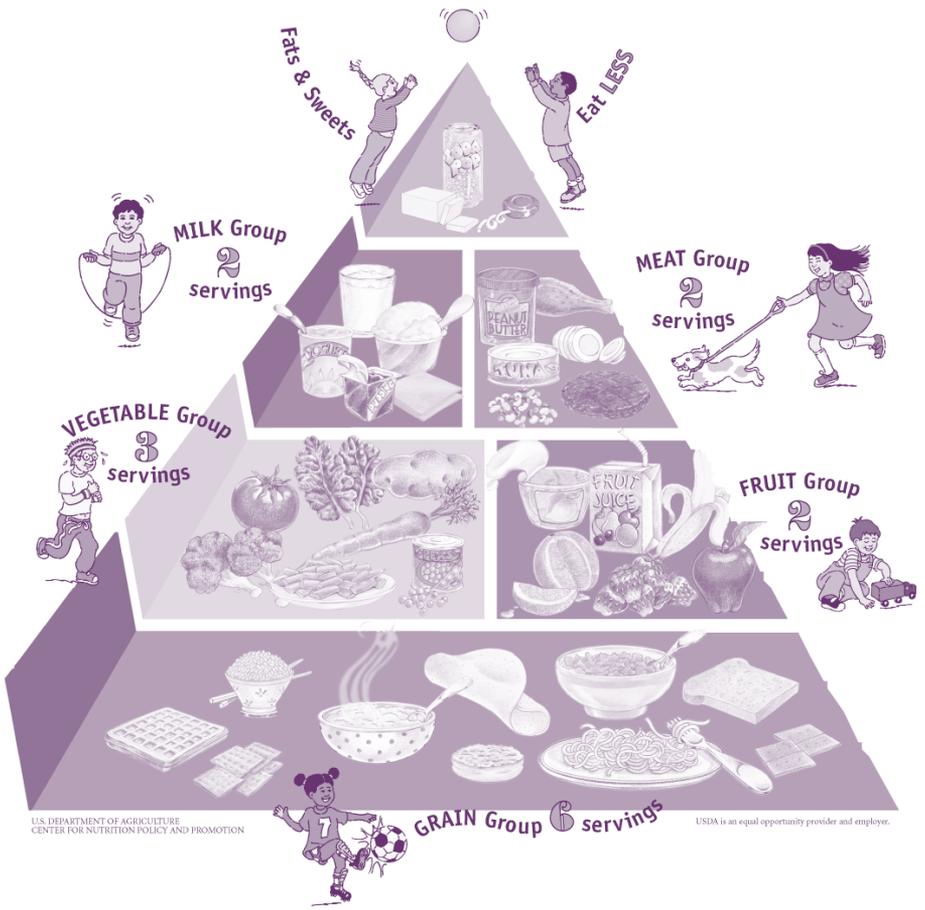


Tips for feeding 1-to 3-year- olds



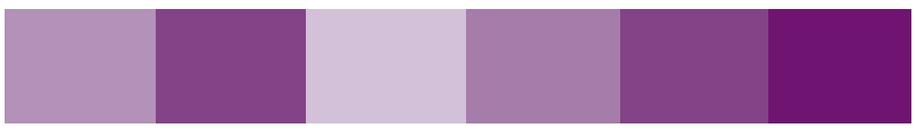
FOOD GUID PYRAMID

for Young Children



U.S. DEPARTMENT OF AGRICULTURE
CENTER FOR NUTRITION POLICY AND PROMOTION

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Use the Pyramid as your guide.

How much is one serving?

Grains:

- ½ tortilla or slice of bread
- ¼ cup cooked rice, pasta or oatmeal
- ¾ cup dry cereal
- 4 crackers

Fruits:

- ½ piece raw fruit
- 4 ounces fruit juice
- 2 tablespoons raisins or dried fruit

Vegetables:

- ¼ cup cooked or canned vegetables
- ¼ cup chopped raw vegetables
- 4 ounces vegetable juice

Milk:

- 1½ ounces cheese
- ¾ cup yogurt
- 1 cup milk (give only 4-6 ounces at a time)

Meats:

- ½ chicken leg or small hamburger patty
- 1 ounce fish (limit to 2 servings per week)
- 1 egg
- ½ cup cooked beans
- 2 tablespoons peanut butter



Q: Sometimes my child refuses to eat certain foods. What should I do?

A: Offer foods in a different way or offer substitutes.



■ **Meats:**

- Cut into small pieces
- Add to pizza, spaghetti, soups
- **Substitutes:** beans, lentils, eggs, tofu, peanut butter (for children over 2)

■ **Vegetables:**

- Let children dip vegetables into healthy yogurt, melted cheese or avocado dips
- Add to spaghetti sauce, soups, pizza
- **Substitutes:** fruits

■ **Milk:**

- Make soups, sauces and puddings with milk
- Make healthy shakes with milk, yogurt, fruit and ice
- **Substitutes:** cheese, yogurt, cottage cheese

Q: What can I do to help my child eat healthy foods?

A: Be patient, set a good example and try the following tips.

Offer meals at regular times and in relaxed places.

Use a high chair or booster seat. Give your child a small plate, fork and spoon.

Be prepared to clean up messes. Making a mess is part of learning. Your child may still eat with his fingers.

Let your child help shop for and prepare meals.

If your child refuses to eat a food or a meal, do not get upset or angry.





Q: My child's appetite seems to change every day, what should I do?

A: Your preschool child (1-3 years) will often eat differently from day to day. There will be ups and downs. As long as your child is healthy and growing, don't worry if his appetite varies.

You decide which foods to offer your child. Let your child decide which foods he wants to eat and how much he wants to eat.

Does this sound like your child?

- eats very well one day but not the next
- likes a food one day and refuses it the next day
- wants to eat the same food over and over again
- does not want to try new foods
- whines or cries at the table
- plays with his food

These are normal eating habits for young children. Be patient; your child will outgrow them.



Q: What should I give my child to drink when he is thirsty?

A: Give your child healthy drinks such as milk, 100-percent juice or water.

Follow these guidelines:

Limit milk to 16 ounces per day.

Limit juice to 4 ounces per day.

Offer water often.

Avoid sugary or caffeinated drinks such as fruit punch, fruit-flavored drinks, soft drinks, tea and coffee.

If your child drinks too much juice or milk, he may eat less of other important foods.

Q: Should my 2-year-old be drinking from the bottle?

A: No. By 12 to 14 months of age, your child should be drinking all beverages from a cup, not a bottle.

Replace one bottle at a time with liquids in a cup. Continue until your child is no longer drinking from a bottle.

Get everyone who feeds your child involved in the weaning process.

Your child may fuss and whine during this change.

If your child is unable to drink from a cup, tell your doctor.



Q: Should I let my child snack between meals?

A: Yes, your child needs regular, nutritious snacks.

Think of snacks as little meals for your child. Your child has a small stomach and needs to eat every two to three hours.

Offer these healthy snacks:

fruit juice

crackers

muffins

milk

applesauce

pudding

toast

cereal

fresh fruit

yogurt

Limit these:

chips

candy

sweets

soda pop

french fries

punch

Kool-Aid®

ice cream

sweet rolls



Q: Are there foods that are unsafe for my child?

A: Yes, avoid foods that may cause choking and fish with a high mercury content.

■ Choking

- Cut, chop, or mash foods into small, soft, pieces and remove the seeds.
- Avoid foods that are sticky, slippery, or hard to chew. Examples include hard candy, nuts, hard pieces of raw fruits and vegetables, popcorn, and peanut butter.
- Make your child sit down when he eats.

■ **Mercury** can cause nervous system, kidney, and digestive problems.

- Limit your child to 2 servings of fish per week, including shellfish.
- Do not give your child shark, swordfish, king mackerel or tilefish; they may contain high amounts of mercury.
- Check the safety of fish caught in your local lakes, rivers, and coastal areas. Contact:
 - DSHS Seafood Safety Division
 - <www.tdh.state.tx.us/bfds/ssd>
 - (512) 719-0215

Q: What will you do to help your child eat healthy foods?

A: ___ Be patient when he is a picky eater

___ Offer all liquids in a cup

___ Limit juice to 4 ounces per day

___ Offer more vegetables

___ Offer healthy snacks such as fruit, crackers, yogurt, cereal

___ When your child refuses meat, give him peanut butter (for children 2 and over) or beans

___ Set a good example for my child

___ My goal for the next few months:

