

## Feeding Your 18 Month Old

So you are feeding an 18 month old...  
Sometimes it's not easy, is it?

Is your child saying “No!” to a lot of foods? Is your child eating just a little bit of food some days?

Both of these things are normal. Try not to get upset. Your child is not growing as fast as last year, so your child may not eat as much as before. And saying “No” is a stage that will pass.

### What can you do?

**Your main job is to be sure that your child gets the right kinds of foods.** Your child needs a variety of foods from these food groups:

- bread, cereal, rice and pasta group.
- fruit group.
- vegetable group.
- milk, yogurt and cheese group.
- meat, poultry, fish, dry beans, eggs and nuts group.

**Junk foods like chips, cake, cookies, candy and soft drinks are not the right kinds of food for your toddler.**

**Your child's job is to decide what and how much to eat.** Don't expect your child to eat a lot. Don't force them to eat.

**Get your child completely off the bottle!** This can really help your child eat better. A child who carries a bottle around and drinks from it a lot may get Baby Bottle Tooth Decay. This can ruin your child's teeth.



## Is your child saying “No” to milk?

This is common. Try not to get too worried. Your child will probably go back to drinking milk soon.

Give your child other milk group foods like yogurt and cheese. A slice of cheese or ½ cup of yogurt is a serving from this group. A serving of milk is about ½ cup at this age.

## How much food for an 18 month old?

A serving of milk, yogurt, juice, or ready-to-eat cereal is ½ cup. A serving of cheese or bread is 1 slice. For other foods, start with a serving size of about one tablespoon.

Include at least this many servings from the food groups each day:

- bread, cereal, rice and pasta: **6 servings.**
- fruit: **2 servings.**
- vegetables: **3 servings.**
- milk, yogurt and cheese: **4 servings.**
- meat, poultry, fish, dry beans and eggs: **2 servings.**



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