

FEEDING YOUR TWO YEAR OLD

Feeding your two year old is not always easy. Here are some ideas that may help.

Meal Times

Just give a **little bit of food** at each meal. Two year olds don't eat a lot. You can give more food if your child wants it.

Don't get into **fight**s about food. You shouldn't force your child to eat. Don't give a cookie or other treat to get them to eat something like vegetables.

Eat with your child at mealtime. Turn off the TV and talk.

Sometimes when your child is busy playing, they may not want to **stop and eat**. Have a quiet time before meals. How about playing with crayons and paper and then washing hands before meals?

Snacks

- Snacks should be like little meals for your two year old. Try cheese and crackers, yogurt and fruit, cereal and milk or half a sandwich and juice.
- Sometimes grandparents and older sisters and brothers like to spoil a young child with sweets and soft drinks. **Make some rules and stick with them.**

Helpful Hints

- ★ **Give praise** that makes your child feel successful at eating healthy foods. Your child is learning that they are worth something. This is very important.
- ★ **Start teaching good habits** like eating a lot of fresh fruits and vegetables. And brushing teeth or at least rinsing with water after meals.
- ★ **Buy lowfat milk or fat free milk** after the second birthday.
- ★ **Be patient and give a lot of love** to your child. Feeding will get a lot easier as your child gets older.

How Much Food For A Two Year Old?

A serving of milk, yogurt, juice, or ready-to-eat cereal is ½ cup. A serving of cheese or bread is about 1 slice. For other foods, start with a serving size of about two tablespoons. Include at least this many servings from the food groups each day:

Bread, Cereal, Rice and Pasta: 6 servings

Fruit: 2 servings

Vegetable: 3 servings

Milk, Yogurt and Cheese: 4 servings

Meat, Poultry, Fish, Dry Beans and Eggs: 2 servings

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