

I'm twelve months



develop healthy eating habits with your children that will last a lifetime.



eat together

Offer breakfast, lunch and dinner and 2 to 3 snacks at about the same times each day.

Serve meals and snacks in the kitchen. **Bring your toddler to the family table** - use a high chair or booster seat.

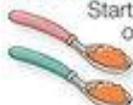
Take time to eat with your toddler - he wants to eat with you. **Enjoy a family meal with your entire family at least once a day.**

a toddler's appetite

It is normal for a toddler to eat less after his first birthday. He is not growing as fast as he did when he was a baby.

How much food should I offer my toddler?

Start by serving small amounts of food on his plate - about $\frac{1}{4}$ of an adult serving or 1 to 2 tablespoons of each food. Offer more food when he wants more.



How much will my toddler eat?

Let your toddler decide how much he will eat. Do not bribe or force your toddler to eat. He may eat a lot at one meal and very little at the next meal.

set a toddler friendly table



Child size spoon, cup and dish with sides. It will be easier to push food against the side and onto a spoon.

Let your toddler feed himself. He may want to eat most of his foods with his fingers. That's ok...he's learning how to eat by touching and playing with food, and putting some in his mouth.



eat the same foods

Most of your toddler's foods can come from the same meal when he is one year old.

...is, mashed or chopped into pieces that are easy to chew. ... food is cool enough to eat. ... at your toddler could choke on ... eggs, grapes, hard vegetables ... large pieces of meat. ... will be new to your toddler. ... may need to try ... times before he ... taste or texture.



...ty of healthy foods with ... **you eat it, he will want to eat it.**

are important too!

...for snacks, not treats or sweets. ... 3 snack times during the day. ... k on food all day long - ... ay not be hungry for meals.

what should a toddler drink?

...up at meals. Offer sips ... n meals and snacks. ... drinks and soda. ... nces or less each day.



...ll probably drink from a cup ... of the time. Try a cup without ... he of his meals or snacks.

bottle by 12 to 14 months.

... toddler may drink less milk ... he is weaned from a bottle - ... at's okay! He needs about ... ounces of milk each day. ... If he drinks more than ... 4 ounces of milk in a day, ... can be too much milk.

talk with your health care provider if you have

... **how your toddler eats such as:** ... f foods or certain textures. ... chew and swallow foods. ... out how much he eats. ... upsetting for your toddler or you.

Living with baby steps

... as good nutrition information. ... obtained from your health care provider. 6306