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 ¼ 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 meals that you eat. The same foods that are easy to chew for you are cool enough to eat. Your toddler may need to try each new food before he is ready to eat it. He will want to eat it.

Try the foods you eat. Bring your toddler to the family table. Take a bite of the same food that you are eating. Your toddler may be more willing to try the food if he sees you eating it. The same foods that you eat are important too!

**What Should Toddler Drink?**
Cup at meals. Offer sips of meals and snacks. Do not offer drinks and soda. toddlers may drink from a cup of water, juice or milk. Toddlers will not drink from a bottle by 12 to 14 months. Toddlers may drink less milk as he is weaned from a bottle. It's okay! He needs about 4 ounces of milk each day. If he drinks more than 4 ounces of milk in a day, it can be too much milk.

**Growing with Baby Steps**
Consult with your health care provider if you have questions such as:
- Foods or certain textures
- How much milk
- How much he eats
- Upsetting for your toddler.

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