

# TEDDY BEAR TODDLERS

## GUIDE TO FEEDING CHILDREN AGES 12 - 36 MONTHS

*At 12 months, your toddler should be eating many of the same foods as the rest of the family, with some changes to make food safer to chew and swallow.*

### Eating Well... Together Everyone Has a Job To Do

#### Adults decide:

**When to eat** – regular meal and snack times

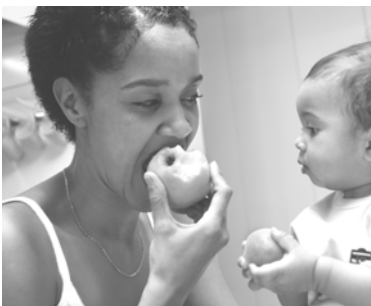
**Where to eat** – at a table with an adult

**What to eat** – a variety of healthy food choices

#### Toddlers decide:

**Whether to eat** – if hungry

**How much to eat** – depending on growth and activity, stopping when satisfied



*It isn't easy to let your child decide whether to eat and how much to eat, but your child needs to learn what it is like to feel hungry and to stop eating when satisfied.*

*The amount of food your toddler eats will change greatly from meal to meal and day to day.*

### *I am a Toddler...*

- *I am not growing so quickly now - I may eat and drink less, and that's OK.*
- *I may not like a new food at first. You may need to offer it many times – keep trying!*
- *I usually like to feed myself, but sometimes I need help.*
- *I usually make a mess. Be patient with me, it's how I learn about food and eating!*
- *I may want the same food every day. Don't worry, this won't last forever!*

### Healthy Eating

Healthy eating provides energy and nutrients for toddlers to grow and develop. It also helps toddlers learn to enjoy a variety of foods and to form lifelong healthy eating habits.

For toddlers between one and two years of age, food begins to replace milk as the main source of nutrients.

When your toddler is eating a variety of foods, give breast milk or whole cow's milk after solid foods at meal time.

If you are breastfeeding, continue to breastfeed until your child is two years old or more.

### Eating Well with Canada's Food Guide

- Offer your child foods from each of the four food groups in Canada's Food Guide every day.
- Gradually introduce a variety of foods so your child learns to enjoy different flavours, textures and colours.
- Offer small amounts of food and if eaten, offer more. See the chart on page two for suggested serving sizes.
- Don't limit fat in your toddler's diet. Fat provides energy and essential fatty acids needed for growth and development (a slow change to lower fat foods may start after the age of two).
- Give your toddler whole grain products to provide fiber and to start a lifelong habit of healthy eating.



*By 12 months, most children can eat small pieces of food with their fingers and hold a spoon.*

## Meal Planning

- Toddlers have small stomachs and need to eat often.
- Plan for three meals and 2-3 snacks each day.
- Serve meals and snacks at regular times and places, as toddlers need routine.
- For meals, include food from at least three different food groups.
- For snacks, include food from at least two different food groups.
- Try to include a vegetable or fruit at each meal and snack.
- Continue to breastfeed and/or serve breast milk or whole cow's milk in a cup at each meal.

## Tips for Happy Mealtimes

- Respect your child's appetite and serve small portions – offer more if your child is still hungry.
- Don't rush your child, but take food away when your child shows no more interest in eating. Never force your child to eat.



- Make meal time a pleasant family time. Eat together. Turn off the TV and avoid distractions.
- When you introduce a new food, serve it along with familiar food.
- Never use food as a reward or withhold food as a punishment.
- Be a good role model! Your child will eventually follow your example if you eat together and enjoy a variety of foods.

*It is very important to get children into the habit of eating breakfast. Try to include food from at least three different food groups from Canada's Food Guide.*

***Appetites change with a child's mood and the situation. A child's appetite will increase during growth spurts and decrease during times of excitement or when the child is tired. Use this chart as a guide. Trust your child to know how much to eat.***

<b>Food Group</b>	<b>Examples of Toddler Size Servings ( 1/4 - 1/2 Food Guide Serving)</b>
<b>Vegetables and Fruit</b> Fresh, frozen or canned vegetables and fruit	50-75 ml (1/4 - 1/3 cup) fruit juice 45-75 ml (3 Tbsp - 1/3 cup) cooked vegetables/fruit 45-75 ml (3 Tbsp - 1/3 cup) grated or chopped raw vegetables/fruit 1/4 - 1/2 whole fruit
<b>Grain Products</b> Bread, cereal, rice, pasta, noodles, bagels, pita	1/4 - 1/2 slice bread, roll, bagel, pita, roti 50-75 ml (1/4 - 1/3 cup) macaroni, noodles, rice or couscous 15 g (1/4 - 1/3 cup) cold cereal (serve cereal low in sugar: < 5g/serving) 75-125 ml (1/3 - 1/2 cup) hot cereal or infant cereal
<b>Milk and Alternatives</b> Breast milk, whole cow's milk (3.25% MF), yogurt, cheese	50-125 ml (1/4 - 1/2 cup) milk <b>*Aim for 500 – 750 ml (2 – 3 cups) milk over the whole day.</b> 45-90 g or 50-75 ml (1/4 - 1/3 cup) yogurt 15-30 g (1/2 - 1 oz) cheese or 1/2 - 1 slice processed cheese
<b>Meat and Alternatives</b> Cooked meat, chicken, turkey, fish (with no bones), eggs, tofu, beans, smooth peanut butter.	30-40 g (1 - 1.5 oz) cooked meat, chicken, fish (with no bones) 75-125 ml (1/3 - 1/2 cup) cooked legumes, beans, tofu 1/2 - 1 cooked egg 5-15 ml (1-3 tsp) smooth peanut butter (spread thinly)

Canada's Food Guide can be used to plan meals for children two years of age and older. For information about Canada's Food Guide go to: [www.canadasfoodguide.org](http://www.canadasfoodguide.org)

## Bring out the Best Beverages



- Breast milk is recommended for children up to two years and older.
- Whole pasteurized cow's milk (3.25% MF) is appropriate for children between one and two years of age.
- Do not give skim, 1%, or 2% milk as they are too low in fat for a growing toddler.
- Do not give soy, rice or other vegetarian beverages to a child under two years of age. They do not provide enough fat and may not have vitamin D added to them.
- If your family follows a vegan meal pattern, breastfeed or use soy-based formula for the first two years of life.
- If you are using whole goat's milk instead of whole cow's milk, check the label to be sure it has vitamin D and folic acid added.
- Offer water in a cup every day between meals and snacks. Serve more water in hot weather or when your child has a cold or fever.
- Avoid teas, pop, diet pop, energy/sports drinks, fruit drinks, cocktails or punches.

- If you offer juice, use 100% unsweetened juice and limit to 125 ml (½ cup) per day.
- Too much juice can cause diarrhea, gas and abdominal pain.
- Use only pasteurized juice and cider.
- Encourage your child to eat fruit instead of drinking fruit juice.

***By one year of age most toddlers are able to drink fluids from a cup or 'sippy' cup.***

If you are bottle feeding, start weaning your toddler from a bottle by replacing one bottle-feeding at a time with a cup. At first, your child may get less fluid from the cup, but intake will increase over time.

***For good dental health it is recommended that toddlers should stop using bottles between 18 months and two years of age.***

## Allergy Concerns After 12 Months of Age

Watch for allergic reactions when you offer new foods. Offer new foods one at a time and wait a few days before offering another one. Signs of a food allergy include rash, vomiting, diarrhea or breathing problems.

If you suspect a food allergy or intolerance in your toddler, consult with your doctor and get a referral to a Registered Dietitian.

## How to Prevent Choking

It is a good idea to have your child secured in a highchair at the table. Always watch your child closely. Help your child to pay attention to his/her eating by making sure there are no distractions.

Round, hard or crunchy foods may get caught in your child's throat and cause choking. You will need to make changes to some foods so they will be easier and safer to eat:

- Make food moist, and cut meat finely.
- Avoid popcorn, nuts, chunky peanut butter, seeds, raisins, hard candies, chewing gum.
- Sausages and wieners should be cut length wise into strips then cut into bite sized pieces.
- Grapes should be cut in half and seeds removed.
- Hard vegetables and fruit should be grated or cooked and cut into small pieces.
- Peel fruit and remove pits and seeds.
- Spread sticky foods such as peanut butter, thinly. Never serve these foods alone by the spoonful.

## Food Safety

- Always wash your hands before handling food.
- Eat cooked foods right away, or cover and refrigerate immediately. Never leave food out at room temperature.

***Washing hands before eating should become part of your child's daily routine.***

## My Child Won't Eat!

As your toddler grows, the amount and variety of foods eaten will gradually increase. As long as your child is growing normally, the amount of food your child eats at a particular meal or snack is not something to worry about.

Refusing food is often a way for toddlers to show their independence. Remember that healthy children will not starve themselves - they will eventually eat!



- Let your child decide whether to eat. If your child shows no interest in eating, say in a firm, but pleasant voice, “I see you are not hungry anymore. We’ll eat again at... (say a time)” .
- Never get into pressuring or game playing. When food becomes a control issue, it can form a pattern that is difficult to change.

- Keep serving sizes small. It will be more manageable for a child. See the chart (page two) for suggested toddler size servings.
- Even eating a small amount is better than nothing, and will provide necessary nutrients.
- If your child won't eat vegetables, add puréed, finely chopped or grated vegetables to soups, stews, casseroles, pizza and spaghetti sauce.
- Set a good example yourself by continuing to eat and enjoy healthy foods at the table. Let your child decide when he/she is ready to follow your example.

## Does My Toddler Need a Vitamin/Mineral Supplement?

Toddlers who eat a variety of foods from the four food groups of Canada's Food Guide, will get all the vitamins and minerals they need from food.

Toddlers should not be given a multivitamin or mineral supplement unless prescribed by a doctor, as there is a risk of getting too much of some minerals such as iron.

Keep all vitamin and mineral supplements and medicines safely locked up and out of children's reach. Children may think they are candy and risk accidentally overdosing.

## Are Sweets Bad?

Almost all people, including children, enjoy sweet food. It is important to keep 'sweets' as a pleasure and not to associate sweet food with comfort, reward (“special treat”) or guilt. Sugar is not dangerous in small amounts, and it does not cause hyperactivity. It can, however, affect a child's appetite making him/her less hungry for nutritious food.



***To prevent dental cavities, make sure your child's teeth are brushed at least twice a day using a small, soft-bristled toothbrush and water (no toothpaste).***

## Physical Activity

Physical activity is important for good health.

- Play with your toddler every day
- Limit the time your child sits in front of a screen
- Set a good example. Be active and your child will likely be too.

## Sample Menu for Toddlers

By 12 months, most toddlers eat three meals each day with snacks in between. Offer your toddler a meal or a snack every two to three hours. Meals should contain foods from three or four food groups from *Canada's Food Guide*, while snacks should contain foods from two or three food groups. To help you plan your menus, here is a sample menu of meals and snacks for a week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Oatmeal Canned peaches Milk	Pancake Grated apple Milk	O-shaped oat cereal Grapes cut in quarters Milk	Scrambled egg Whole grain toast with margarine Milk	Cream of wheat Mango Milk	Grilled cheese sandwich Banana Milk	Whole grain waffle Yogurt Canned pears Milk
<b>Morning snack</b>	Toast with margarine Scrambled egg Water	Graham crackers Orange juice	Whole grain bread sticks Strawberries Water	Whole grain banana bread Grape juice	Yogurt Apple juice	O-shaped oat cereal Cherries cut in quarters Water	Whole grain crackers Orange juice
<b>Lunch</b>	Cheese cubes Bread with margarine Green peas Applesauce Milk	Macaroni and cheese Ham slice or other deli meat Cooked okra Milk	French toast With syrup for dipping Cantaloupe Milk	Baked beans Perogies Cooked rapini Margarine Mango Water	Penne pasta with tomato sauce and meatballs Zucchini Banana Milk	“Light” tuna sandwich with mayonnaise Corn Apricot Milk	Vegetable soup Hard cooked egg Bagel with margarine Peach slices Milk
<b>Afternoon snack</b>	O-shaped oat cereal Avocado slices Water	Matzo cracker Plum slices Water	Whole grain mini muffin with margarine Orange juice	Smoothie (banana, strawberries, yogurt, milk) Graham crackers	Whole grain toast Applesauce Water	Whole grain pita Hummus Apple juice	Zucchini bread Cantaloupe Water
<b>Supper</b>	Chicken Rice Cooked cauliflower Margarine Kiwi slices Milk	Baked salmon Brown rice Sweet potato Margarine Tangerine Milk	Meat loaf Mashed potatoes with margarine Green beans Roll or roti Milk pudding Milk	Pork chop Bok choy Roll Fruit salad Milk	Lentils or dhal Rice Cooked carrots Margarine Bran muffin Milk	Stir-fry chicken Broccoli Whole grain noodles Yogurt Milk	Chili Whole grain tortilla Cooked asparagus Apple crisp Milk
<b>Bedtime snack *</b>	Milk	Milk	Milk	Milk	Milk	Milk	Milk

Please note that this is a sample menu and contains more variety than most parents would offer. You may offer your child leftovers from supper the night before or foods you made on another day in the same week.

\* Other foods may be given along with milk or instead of milk for a bedtime snack, such as crackers, cheese, fruit or cereal.

*Adapted with the Permission of York Region Health Services Department, 2007.*