



Feeding Your Toddler

Sample Menu For The One Year Old

What to expect at mealtime from the one year old...

- tries to feed himself or herself with a spoon
- wants to eat the same foods as you
- holds a cup to drink, but has difficulty putting it down
- likes a variety of textures; fork-mashed, minced or finely chopped foods and finger foods
- likes the security of a routine
- eats with his or her hands
- is easily distracted

Tips for parents and caregivers of a one year old

- encourage your toddler to feed himself or herself and to try new foods
- offer some help with the spoon
- serve small "toddler-size" portions and finger foods
- accept the messiness
- keep mealtimes calm and friendly
- have meals and snacks about the same time everyday
- offer infant cereals and introduce "family" cereals as well
- gradually replace the bottle with a cup
- water should be used if your baby is put to bed with a bottle. Do not use milk, juice, or pop, it causes tooth decay.
- children under 2 years of age need whole (homo) or 2% milk products. Introduce the family's skim or 1% milk products only after 2 years of age.

Servings

Breakfast

- 1 Grain Product
- 1 Milk Product
- 1 Vegetables & Fruit

Snack

- 1 Grain Product
- 1 Vegetables & Fruit

Noon Meal

- 1 Grain Product
- 1 Meat & Alternatives
- 1 Vegetables & Fruit

Sample Menu

- 1/3 to 1/2 cup (75 - 125 ml) hot cereal or infant cereal with 4 to 6 oz (125 - 175 ml) homo milk (some in cereal, some in cup)
- 2 - 3 Tbsp (30 - 45 ml) fruit and 2 oz (50 ml) 100% pure juice
- 1/2 slice of toast
- 1 piece of cheese (about 3" long X 1" wide X 1/2" thick)
- 1/4 - 1/3 cup (50 - 75 ml) cooked pasta or rice
- 2 - 4 Tbsp (30 - 60 ml) finely chopped meat, fish or poultry
- 1/4 - 1/3 cup (50 - 75 ml) mashed or finely

- 1 Milk Product

Snack

- 1 Grain Product
- 1 Vegetables & Fruit

Supper

- 1 Meat & Alternatives
- 2 Vegetables & Fruit
- 1 Grain Product
- 1 Milk Product

Before Bedtime (optional)

- 1 Milk Product

Offer water to drink 4 - 5 times a day (6 - 8 times in hot weather)

chopped cooked vegetables

- ¼ - 1/3 cup (50 - 75 ml) yogourt or milk pudding and 2 - 3 oz (60 - 80 ml) homo milk from cup
- ½ muffin or 3 crackers
- 3 - 4 oz (80 - 125 ml) 100% pure juice

- 4 - 6 Tbsp. (60 - 80 ml) baked beans
- ¼ - 1/3 cup (50 - 75 ml) mashed or finely chopped cooked vegetables
- ¼ cup (50 ml) rice or ½ slice bread
- ¼ - 1/3 cup (50 - 75 ml) fruit or ½ fresh fruit
- 4 - 6 oz (125 - 175 ml) homo milk from cup
- Breast milk or 4 oz (125 ml) homo milk

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