



NUTRITION FOR TODDLERS

PRINCIPLES	CONCERNS
Teach Your Child Healthy Eating Habits	<ul style="list-style-type: none"> • Don't use food as a reward or bribe • Don't force you child to "clean the plate" • Don't quiet your child with food • Avoid serving sweets and fried foods
Help Your Child Eat a Wide Variety of Foods	<ul style="list-style-type: none"> • Protein Foods 2 (2-3oz) servings • Milk and Milk Products 4 (6oz) servings/day • Fruits and Vegetables 3-5 servings/day • Breads and Cereals 4 servings/day
Help Your Child Eat More Foods That Have Iron	Pinto Beans Dry Beans Pork Chicken Beef
Encourage Healthy Food Choices	*see list

Shelly Kilpatrick, MS, RD, LD



OFFER THESE FOODS:	INSTEAD OF THESE:
Baked Potato or Baked French Fries or Baked Sweet Potato	Fried French Fries
Low-fat Milk	Whole Milk
Dry Cereal, Pretzels	Chips
Fruit	Cookies, Candy
Graham Crackers, Cereal Fruit Bars	Donuts, Cake
Plain Yogurt	Sour Cream
Baked Chicken	Fried Chicken
Water	Fruit Beverages, Sodas
Tuna, Chicken	Hot Dogs, Bologna
Hamburger Patty	Bacon, Sausage