

Toddlerhood (1-3 years)

At one year old, your little one is officially a toddler. This is a vital time in his life for establishing future food preferences. He can now eat nearly all the same foods as you, enjoying a full and varied diet. Cow's milk, honey, citrus fruit, egg whites and fish (choose fish that contains low levels of mercury) are all generally safe to eat at this stage. Just remember to consult with your pediatrician if you have any questions about introducing a new food to your child.

Eat Well, Eat Often.

Your toddler's tummy is still small, so frequent meals are important. Health experts recommend that toddlers eat five servings of fruits and vegetables per day. Feeding your child a variety of colors from different fruits and vegetables can be an easy way of providing him with a well-balanced diet. A growing toddler will need all the nutrients you do, including iron and zinc. Essential fats from whole milk, cheese, meat and oils are still vital to his growth and brain development.

Try and Try Again.

Toddlers are known for being picky eaters. Remember that just because your child refuses to eat his broccoli one day doesn't necessarily mean he doesn't like it. Instead, it could be his way of asserting his new-found independence. Wait a few days, and try again.

Safety First.

While your toddler may be eager to try all kinds of new foods, remember to avoid foods that can cause choking. Foods such as whole grapes and popcorn should be avoided until at least age 2. Also, to minimize the chances of allergic reactions, nuts should also be avoided until the age of 3.

The suggested daily intake below is based on the USDA Food Pyramid for Kids.

As a general rule, a portion is the amount a child can hold in one hand. As his hand grows, so should the size of his portion.

Recommended Dietary Guidelines: 1-3 Years

	Fruits	Veggies	Grains	Proteins	Milk
Daily Intake	1-1 1/2 Cup	1-2 1/2 Cup	3-6 oz	2-5 oz	2 Cups