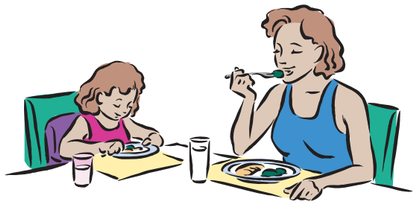


How can I make mealtimes happy?

- Make mealtime a family time. Children like to eat with other people. Sit down and eat meals with your child.
- Try to have meals and snacks at about the same time every day.
- Do not bribe, play games, or force your child to eat. Children need to control their own eating.
- It is normal for children to play with their food. If your child stops eating or throws food, take the food away.
- Young children are messy eaters. Expect your child to spill. Your child can use a child spoon or fork or fingers at this age.

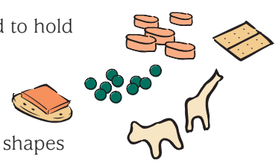
Always wash hands before and after eating.

- Relax and enjoy your meal. Do not make your child's eating the center of attention.
- Keep the TV off during meals. Make mealtime a quiet time for talking.
- Set a good example. Eat many different kinds of food. Your child will want to eat what you eat.

How can I make it easier for my child to eat?

Serve foods that:

- are bite size or easy for your child to hold
- are soft and easy to chew
- are mild and simple
- are not too hot or too cold
- have a lot of colors, textures, and shapes



Always stay nearby when your child eats. Children can choke if they run and play with food in their mouths. Be sure your child sits down to eat at the table.

Sample Menus for Your Child

	Day 1	Day 2
Breakfast	1 scrambled egg 1/2 slice toast 1/2 cup milk	1/4 cup WIC cereal 1/4 banana 1/2 cup milk
Snack	1/4 apple, peeled and sliced 3/4 ounce small cheese pieces water	1/2 cup yogurt 2 crackers water
Lunch	peanut butter sandwich (1 slice bread, 1 tablespoon peanut butter) 2 tablespoons peas 1/2 cup milk	1/2 cup vegetable beef soup 1/2 tortilla or 2 crackers 1/2 cup milk
Snack	1/2 cup dry WIC cereal 1/2 cup WIC juice	1/2 slice toast with 1 tablespoon peanut butter water
Dinner	1 tablespoon baked chicken 2 tablespoons mashed potatoes 2 tablespoons broccoli 2 tablespoons applesauce water	soft taco with beans and meat (1/2 tortilla, 2 tablespoons beans, 2 tablespoons meat) 1/4 cup rice 2 tablespoons cooked carrots 1/2 orange, sliced water
Snack	2 graham cracker squares 1/2 cup milk	4 animal crackers 1/2 cup milk

Children this age only need 4 to 6 small servings of milk or milk products every day. No more than 24 ounces (710 milliliters) of milk per day. Limit juice to 1/2 cup (120 milliliters) per day. Serve fruit instead of juice when you can. Your child should be drinking only from a cup now, not a bottle.

If your child is thirsty at other times, offer your child water instead of sweet drinks. Sweet drinks like pop, Kool-Aid®, and juice drinks can make your child feel full. Then your child will not be hungry for meals or snacks. If you are still breastfeeding your child, that's great! Breastfeed after meals and at night.

Warning: Children under age 4 can choke on foods like hot dogs, popcorn, nuts, raw carrots, grapes, jelly beans, gum, and hard candy. Avoid these foods. Cut hot dogs into very small pieces.

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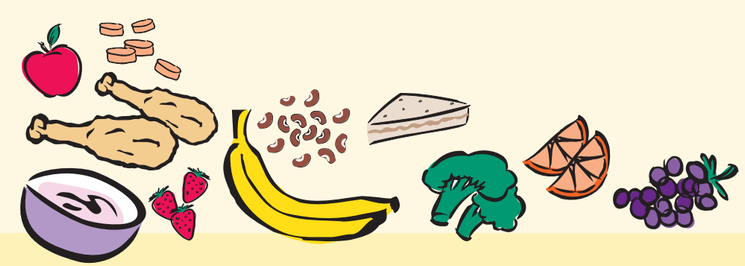
Adapted from California Department of Health, WIC Supplemental Nutrition Branch. Printed by Washington State Department of Health WIC Program. WIC is an equal opportunity program. For persons with disabilities this document is available on request in other formats. To submit a request please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

Feeding Your 1 to 2 Year Old



This is my goal: _____

_____

_____

Food Guide Pyramid

Feeding your 1 to 2 year old

Children know **how much** they need to eat. But they do not know **what kinds** of foods they need.

When it is time to eat, offer your child healthy foods. **You** decide what to serve and when to serve it.

Let **your child** decide how much to eat from the foods you serve.

- Serve your child 3 meals and 2 to 3 snacks every day.
- Serve a variety of healthy foods every day.
- Children eat more on some days than others.
- What your child eats in one day may not match the food guide. Think about all the foods your child eats over several days.
- It is normal for children to eat less after the first year. They are not growing as fast.

One Serving Is About...

6 to 11 servings each day

Breads, Grains, Cereals

Bread slice, tortilla, roll, muffin, pancake, waffle 1/4
Dry cereal ..... 1/4–1/2 cup or 60–120 mL
Noodles, rice, cooked cereal ..... 1/8–1/4 cup or 30–60 mL
Crackers ..... 1–2 small
Offer your child some whole grain foods every day.

3 to 5 servings each day

Vegetables

Cooked ..... 2–3 tablespoons or 30–45 mL
Raw ..... 2–3 tablespoons or 30–45 mL
Offer your child a dark green or yellow vegetable every day, like cooked carrots, broccoli, spinach, sweet potato, or squash.

2 to 4 servings each day

Fruits

Fresh ..... 1/4–1/2 small
Canned or frozen ..... 2–3 tablespoons or 30–45 mL
Juice ..... 1/8 cup or 30 mL
Offer your child a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices.

4 to 6 servings each day

Milk Products

Milk or breast milk ..... 1/2 cup or 120 mL
Cheese ..... 3/4 ounce or 20 g
Cottage cheese ..... 3/4 cup or 180 mL
Yogurt, pudding or custard made with milk ..... 1/2 cup or 120 mL
Frozen yogurt, ice cream ..... 3/4 cup or 180 mL
Give your child whole milk up to age 2, then lowfat milk.

2 to 3 servings each day

Protein Foods

Animal Protein

Meat, chicken, turkey, fish ..... 1 tablespoon or 15 mL
Eggs 1/2

Vegetable Protein

Cooked dry beans, lentils ..... 1/4 cup or 60 mL
Peanut butter ..... 1 tablespoon or 15 mL
Tofu ..... 1/4 cup or 60 mL
Meat and beans have the most iron!

Fats, Oils, and Sweets

Give your child these foods once in a while.

Start with small servings. Give about 1 tablespoon (15 mL) of each food for each year of your child's age. For example, if your child is 2 years old, serve your child 2 tablespoons of vegetables and 2 tablespoons of rice. Let your child ask for more.

Washington State Department of Health

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