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TODDLER FEEDING GUIDELINES

Your child is considered a toddler from the ages of 1 through 3 years. Future eating habits are set at this time. Toddlers learn to eat by watching others, therefore, please try to set a good example. The following chart lists the food groups, recommended daily servings of each, as well as the amount of each that is considered a serving size.

<u>FOOD GROUP</u>	<u>DAILY SERVINGS</u>	<u>SUGGESTED SERVING SIZE</u>
Milk	4	1/2 cup whole milk 1/2-3/4 slice cheese 1/4-1/2 cup cottage cheese 1/2 cup yogurt
Bread/Grains	4 or more	1/2 slice bread 1/2 muffin, bagel, or roll 1/4-1/2cup cereal, potato, pasta, or rice
Fruit & Vegetables	4 or more	2-4 Tbsp. cooked vegetables 1/4-1/2 cup canned fruit or juice 1/2 small-medium piece of fruit
Protein: Meat, Fish, Poultry, or Substitute	2 or more	3-4 Tbsp. diced meat, poultry, or fish 1 slice lunch meat 1 whole egg
Fats	1-2 Tbsp. or more	margarine, salad dressing, mayonnaise

FEEDING TIPS:

- Begin whole milk at 1 year of age; 2% milk is acceptable at 2 years of age
- Toddlers are messy eaters, be patient, and be sure to use a child size spoon and fork
- Due to decrease in growth rate and appetite, your toddler should be offered small portions and never forced to eat.
- Since toddlers have small stomachs snacks are important and should be offered 2-3 times per day
- Take care to prevent choking, avoid foods such as apple chunks and slices, whole grapes and cherries, hot dogs, sausage links, peanut butter, popcorn, chips, round candies hard chunks of uncooked vegetables, and all nuts and seeds
- The amount of fats and sweets that can be consumed depends on your child's activity level and caloric needs. Foods like cookies, cakes, Kool-Aid, pop, and fruit drinks should be given only after your child has eaten the recommended amounts of the food above.
- Make mealtime pleasant, don't put pressure on eating!