

CHT – N CHILD HEALTH TODDLER (1-3 YR) – NUTRITION
CHP – N CHILD HEALTH PRESCHOOL (3-5 YR) - NUTRITION

Feeding Your Child: The Toddler and Early Childhood Years

Children between the ages of 1 and 5 years of age are often "picky eaters." One of our jobs as parents is to offer our children healthy foods. Our child's job is to choose the foods they want to eat. Below are some simple suggestions that can help you:

Drinks/Beverages

1. **THROW AWAY THE BOTTLE.** Giving your child a bottle after 1 year of age can lead to Baby Bottle Tooth Decay. Using a bottle also encourages a child to drink **TOO MUCH MILK OR JUICE. NO BOTTLES AT BEDTIME!!!!!!**
2. Limit your child's milk intake to 24 oz. or less each day. The best amount is 16 oz. each day. Baby formula is a complete food but fresh milk is not. Fresh milk **does not** have any iron, and it interferes with your child's ability to absorb iron from food. Iron is **very** important for your child's brain growth!!!
3. Limit the amount of juice your child drinks to 6 or 8 oz. each day. Choose a juice that is 100% juice. Try to stay away from fruit drinks sweetened with High Fructose Corn Syrup.
4. Offer your child water when he/she is thirsty. **BE STRONG!!!!!!**

Solid Foods

1. Offer your child solid foods **before** you give them milk or juice.
2. Offer your child **Iron-fortified cereals** at least once a day. Cheerios are a **great** first food and snack food. Cheerios have a lot of iron. They are fun to eat with milk or dry! Hot cereals and other dry cereals also have iron added to them.
3. Offer your child fresh fruits and vegetables a few times each day. Be careful to cut apples, carrots, grapes, etc into small pieces that will not cause choking. Offer dark green vegetables at least once a day because these are good sources of iron (broccoli, spinach, peas, and other greens). Some children will eat green vegetables better if you add lemon or cheese to change the flavor.
4. Offer beans or lean meats at least once a day. These are good sources of protein and iron.
5. For snacks, offer peanut butter on bread or crackers, cheese, yogurt, raisins or fresh fruits. **Avoid** peanuts, pine nuts etc. due to choking risk.
6. Try to **avoid** potato chips; cheese puffs (Cheetos), Doritos or other flavored tortilla chips.

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