

Feeding Your Toddler



Division of Responsibility

Parents - Provide the what, when and where a toddler eats

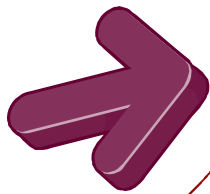
Child - what and how much they eat, or whether they eat at all

Canada's Food Guide

What Toddlers Need

Vegetables & Fruit - 4 servings
 Grain Products - 3 servings
 Milk & Alternatives - 2 servings
 Meat & Alternatives - 1 serving

Children may not eat a full serving at every meal. A child size serving is often 1/4 or 1/3 of a cup, or a 1/2 slice of toast.



What to Expect at Mealtime for Toddlers Your Toddler

- learns by watching others
- will show likes and dislikes
- can be tired, excited or easily distracted
- may have less appetite as his/her growth slows



Serving Sizes Food Group	One Serving from CFG Equals
Vegetables & Fruit Look for more orange and green vegetables each day	1/2 cup fresh, frozen or canned vegetables or fruit, 1 cup salad, 1/2 cup 100% fruit juice
Grain Products Choose whole grain products 50% of the time	1/2 cup rice or pasta 1 slice bread 3/4 cup cereal
Milk & Alternatives Choose whole milk for children 2 years and under	1 cup milk or fortified soy beverage 3/4 cup yogurt 1/2 oz cheese
Meat & Alternatives Try meat alternatives like beans, peas and lentils	75g or 1/2 cup cooked meat/poultry 3/4 cup tofu or legumes 2 eggs 2 tbsp peanut butter



Don't Forget Fat

- Canada's New Food Guide suggests 2-3 tbsp of unsaturated fat each day.
- Children 2 years and under have a greater need for fat. Ensure they receive whole milk until 2 years of age.

The One and Two Year Old

- tries to feed him/herself with a spoon
- wants to eat same food as you
- holds a cup to drink but has difficulty putting it down
- likes a variety of textures including finger foods
- eats with his or her hands
- likes the security of routine - 3 meals and 2-3 snacks

What the Parent Can Do

- ◆ encourage your toddler to feed him/herself and try new foods
- ◆ offer some help with a spoon
- ◆ serve smaller portion sizes
- ◆ accept the messiness
- ◆ keep mealtimes calm and friendly

Number of Food Guide Servings

Foods	Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives	Added Oils & Fats
Breakfast <ul style="list-style-type: none"> • 1/2 bowl of whole grain cereal (15g) • 125 mL (1/2 cups) of 2% milk 		1/2	1/2		
Snack <ul style="list-style-type: none"> • 60 mL (1/4 cup) carrot sticks and broccoli florets with salad dressing • water 	1/2				✓
Lunch <ul style="list-style-type: none"> • 1/2 salmon sandwich on whole wheat bread (made with 30g or 1oz of canned salmon and mayonnaise) • 60 mL (1/4 cup) red pepper strips and cucumber slices • 125 mL (1/2 cup) milk • 1 peach 	1/2	1	1/2	1/2	✓
Snack <ul style="list-style-type: none"> • Oat rings cereal (15 g) • 125 mL (1/2 cup) milk 		1/2	1/2		
Dinner <ul style="list-style-type: none"> • 125 mL (1/2 cup) spaghetti with tomato and meat sauce (about 40g or 1 1/2 oz of meat) • 125 mL (1/2 cup) milk • 125 mL (1/2 cup) applesauce 	1/2	1	1/2	1/2	✓
Snack <ul style="list-style-type: none"> • 1/2 banana 	1/2				
Total Food Guide Servings for the day	4	3	2	1	3 TBSP.