A well-balanced diet with lots of variety is the key to good nutrition for your child. Basic food requirements generally can be met by eating a certain amount of food daily from each of the food groups. The basic food groups are:

- breads and grains
- vegetables
- fruit
- milk and dairy products
- meat and protein

Let's take a look at suggested guidelines for feeding children at various ages. Remember, these are just guidelines. The specific requirements for your child may need to be evaluated individually by your registered dietitian.

<table>
<thead>
<tr>
<th>Breads and Grains</th>
<th>1 yr</th>
<th>2-3 yrs</th>
<th>4-5 yrs</th>
<th>5-9 yrs</th>
<th>10-12 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>whole grain or enriched bread</td>
<td>½ slice</td>
<td>1 slice</td>
<td>1½ slices</td>
<td>1-2 slices</td>
<td>2 slices</td>
</tr>
<tr>
<td>cooked cereals, rice, and pasta</td>
<td>4 tablespoons</td>
<td>5 tablespoons (⅞ cup)</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>whole grain or fortified ready-to-eat cereals</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>

Recommended Daily Servings by Age*

*four to six or more servings

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# Vegetables and Fruits
(three to five servings of vegetables; two to four servings of fruit)
This should include at least one serving each of a vitamin C and a vitamin A source.

<table>
<thead>
<tr>
<th></th>
<th>1 yr</th>
<th>2-3 yrs</th>
<th>4-5 yrs</th>
<th>6-9 yrs</th>
<th>10-12 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C sources:</td>
<td>4 tablespoons</td>
<td>8 tablespoons</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>citrus fruits,</td>
<td>(¼ cup)</td>
<td>(½ cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>berries, melons,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>peppers, tomatoes,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>broccoli, chilies</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>potatoes, cauliflower</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A sources:</td>
<td>2 tablespoons</td>
<td>3 tablespoons</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>peaches, apricots,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>carrots, spinach,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>broccoli, squash,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pumpkin, sweet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>potatoes, peas,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>brussels sprouts,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>beans (green, yellow,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and lima), melons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other fruits and</td>
<td>2 tablespoons</td>
<td>3 tablespoons</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# Milk and Dairy Products
(three or four servings)

<table>
<thead>
<tr>
<th></th>
<th>1 yr</th>
<th>2-3 yrs</th>
<th>4-5 yrs</th>
<th>6-9 yrs</th>
<th>10-12 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>milk</td>
<td>½ cup</td>
<td>½-¾ cup</td>
<td>½-¾ cup</td>
<td>¾-1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>cottage cheese</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>cheese (1 ounce = 1 slice)</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>1½ ounces</td>
<td>1½ ounces</td>
</tr>
<tr>
<td>custard, milk pudding</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>ice cream</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>

# Meat and Protein
(two or more servings)

<table>
<thead>
<tr>
<th></th>
<th>1 yr</th>
<th>2-3 yrs</th>
<th>4-5 yrs</th>
<th>6-9 yrs</th>
<th>10-12 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>beef, poultry, fish,</td>
<td>2 tablespoons</td>
<td>3 tablespoons</td>
<td>2-3 ounces</td>
<td>3-4 ounces</td>
<td>4-5 ounces</td>
</tr>
<tr>
<td>pork, and veal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>egg</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>peanut butter</td>
<td></td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
<td>2-3 tablespoons</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>cheese</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>2 ounces</td>
<td>2 ounces</td>
</tr>
<tr>
<td>cooked legumes,</td>
<td>4 tablespoons</td>
<td>4 tablespoons</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>dried beans and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Feeding & Nutrition

Fats/Oils
(three servings or to meet caloric needs)

<table>
<thead>
<tr>
<th></th>
<th>1 yr</th>
<th>2-3 yrs</th>
<th>4-5 yrs</th>
<th>6-9 yrs</th>
<th>10-12 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>butter, margarine, oil, mayonnaise, salad dressing</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

Sweets and “other” foods
(No amount recommended. When given, use in moderation.)

Sources include: jam, jelly, olives, ketchup, pickles, candy, soft drinks, sweet desserts, etc.


Sample Menu
Using these guidelines, a sample menu for a 2-year-old child might look something like this:

**Breakfast**
6 ounces milk  
½ cup oatmeal  
1 small banana  
1 teaspoon butter

**Mid-Morning Snack**
4 ounces orange juice  
2 graham crackers  
½ cup cottage cheese

**Lunch**
3 tablespoons baked, white fish  
1 teaspoon tartar sauce  
3 tablespoons green beans  
½ cup brown rice  
3 tablespoons applesauce

**Afternoon Snack**
2 wheat crackers  
1 tablespoon peanut butter  
4 ounces milk

**Dinner**
6 ounces milk  
3 tablespoons skinless chicken breast, baked  
½ cup pasta  
1 teaspoon butter  
3 tablespoons spinach  
small pitted apricot

The actual menu plan for your child may vary depending on nutritional needs and eating preferences. Check with your diettian for specific requirements to best meet the needs of your child.

Special Instructions
Size-Wise Nutrition for Toddlers

Very young children need the same variety of nutrient-rich foods as older kids and adults, just in much smaller quantities. As portions have gotten bigger, some parents and caregivers have developed a distorted view of the amount of food toddlers and preschoolers need. Feeding children becomes less frustrating and less complicated when adults know what kids need to grow well and be healthy.

Defining a Toddler’s Serving Size

An appropriate toddler serving size is about one-quarter to one-half an adult serving. Note: This rule of thumb is based on serving sizes recommended by MyPyramid, not portions served in many restaurants. So a serving of bread for a 1-year-old would be one-quarter slice, and for a 3-year-old it would be one-half slice.

Another way to quickly estimate serving sizes for children is 1 tablespoon per year. For example, a 2-year-old would be served 2 tablespoons of fruits or vegetables, and a 4-year-old would get 4 tablespoons or ¼ cup.

Foods Toddlers Need

Most 2- to 3-year-old children need to consume about 1,000 calories per day. Here’s how to distribute those calories in a healthy eating plan:

- **Grain Group**: About 3 ounces of grains per day, preferably half of them whole grains. That is about three regular slices of bread or one slice of bread plus 1/3 cup cold cereal and 1/4 cup cooked rice or pasta.
- **Vegetable Group**: 1 cup raw and/or cooked vegetables per day. Like adults, young kids need variety: mashed sweet potatoes, broccoli with low-fat dip or tomato sauce for pasta.
- **Fruit Group**: 1 cup fresh, frozen, canned, dried and/or 100 percent juice per day. Emphasize whole fruits rather than juice. Kids love melon balls, Mandarin oranges (fresh or canned in juice) and frozen berries.
- **Milk Group**: 2 cups per day. Whole milk is recommended for children younger than 2. Older children can have lower-fat, calcium-rich choices such as fat-free or low-fat milk, yogurt and cheese.
- **Meat and Beans Group**: 2 ounces total per day. Options include 1 ounce of lean meat or chicken plus one egg or 1 ounce of fish plus 1/4 cup of cooked beans (black, pinto, etc.).
- **Oils**: 3 teaspoons or less per day of liquid oil or margarine.

For more information about eating plans and serving sizes for preschoolers, visit MyPyramid.gov.

What to Do About Sweet Drinks, Snack Foods and Desserts

Minimize consumption of snacks for younger children; they fill small stomachs and take up room kids need for nutrient-rich foods.
Mealtime Do’s & Don’ts

Don’t

- Offer giant portions.
- Allow daylong grazing.
- Force food.
- Use distractions.
- Offer bribes, rewards, and punishments.
- Encourage long mealtimes.
- Let kids throw food.
- React emotionally to food refusals.
- Reward food refusals.

DO

- Set clear & consistent limits.
- Support independence.
- Allow a child to express preferences.
- Create schedules and routines.
- Establish a place for eating.
- Include mellow-out time.
- Offer easy-to-eat foods.
- Trust a child’s ability to self-regulate calories
- Have fun.
- Practice patience.

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How To Feed Your Toddler

During the time from 12 months to 3 years, your child keeps getting taller and heavier, but his rapid growth rate slows down (see WHAT IS NORMAL, page 37). He begins exploring with a vengeance, and his newfound abilities are a强国consequence as he works at becoming a person separate from you.

He may eat less now (see IF YOUR TODDLER OR PRESCHOOLER DOESN'T EAT ENOUGH). That's okay, he knows how much he needs to eat. If you pressure him to eat more, he's likely to resist and eat less. Toddlers understand what independence means.

What a toddler is like

Toddlers are autophagic. They don't like new foods, but they will learn to like it. If you just let them see it on the table and let them eating it. After a while, they will take it - and take it back out of their mouth again. They'll do this many times, but eventually they will know it's good enough to try swallowing - and like it.

Toddlers are erratic. What they like one day, they don't like the next. They eat a lot one day and hardly anything the next. They don't eat some of everything. If they like one food, they eat only that food. They don't eat a variety of foods.

Toddlers are opinionated. They know what they don't want to eat. You can stop them from doing what they don't want to do. You can say, "No, you don't want to eat that." But you can't get them to do what you want them to eat.

Let your child control his eating.

If you treat your toddler like you did when he was a baby, and try to constantly please him, it will drive you crazy. If you try to constantly please him, it will drive you crazy. He needs some control over his own life and his own words. The adult needs limits, to reduce the size of his world so that he can handle it.

With letting, that means you choose the menu that's safe and nutritious for him. You don't let him pick everything he wants from the supermarket shelves. You choose the times for eating. But once you have chosen the menu and the times, you must let your child decide what and how much he eats, even when he eats poorly.

Avoiding food battles

During gives your toddler lots of opportunities to test his limits. During this tricky time, remember the division of responsibility in feeding. You are responsible for what your child is presented to eat; he is responsible for how much and even whether he eats (see HELPING YOUR CHILD TO EAT WELL). As your child moves from being a baby to being a toddler, it's important that you also begin to take responsibility for his when and where of eating and establish the structure of regular meals and snacks.

Your feeding responsibilities:

• Select and buy food.
• Make nutritious meals and snacks and offer them in a natural fashion.
• Let your child eat as much as he wants.
• Don't press food on your child, or he'll play the toddler's favorite game of turning things down and watching you get desperate.
• Regulate timing of meals and snacks. Your toddler no longer benefits from being fed on demand, so begin scheduling meals and snacks now. His stomach is small and his energy needs are high, so he should have three meals a day with planned snacks in between. Don't allow snacking for food at other times.
• Present foods in a form your child can handle. Your toddler can eat most food from the family table, but still depends on you to make minor changes in texture so he can be successful eating it. His chewing and swallowing are still somewhat immature. He can't chew tough, hard food. Soft, chewable food can slide down his throat before he chews it, and dry food seems to get stuck in his mouth.
• Let him eat in his own way. If your child is allowed to look, feel, taste, and smell to explore food, he's more likely to accept it. However, when exploring becomes simply messing around to get you to react, it's time to let him get down from the table.

Copyright © 1995 by Ellyn Satter. May be reproduced only by registered purchasers of this Handout Masters series for free distribution. Copyright restrictions apply on each copy.
- Don't make your child drink his plate. Even adults have a hard time knowing how hungry they are. Encourage your child to take repeated small helpings. But at times his eyes will be bigger than his stomach and he'll waste food.
- Make family meals pleasant. Don't argue, yell, or scold at mealtime. Talk and pay attention to your toddler, but don't make him the center of attention. Respect his shyness with eating.
- Help your child participate in family meals. Don't feed your toddler separately so that you can have peace and quite for your meal. He needs to be included in the family table. If he says he doesn't want to eat, tell him of his choice, but then let him stay at the table for a while anyway and keep you company while you eat.
- Help your child pay attention to his eating. He needs to be calm, well-rested, and hungry to eat well. Turn the TV off. It distracts him from eating and interferes with family social time.

Getting enough of the right kind of food

If your child is growing well, he's eating the amount that's right for him. Toddlers often don't eat very much, but it turns out that they don't have to eat so much to get what they need. (See HOW MUCH SHOULD YOUR TODDLER EAT?) Their helping size is only 4 to 8 to the age of 2. So, he can be well fed with a bowl that he can eat from. Your child's small plate is a lot more than he needs, and that's okay. The point is that you should give your child's small helping so he doesn't feel overwhelmed. If you're concerned, have a schematic estimate your child's size.

What a meal should provide

Put a variety of foods on the table at mealtime. Meats and other protein sources make a main or separate list, breads and other starches, dairy foods, butter or margarine, and your child's main dish and choosing from what's available (for more on that, see WHAT TO FEED YOUR TODDLER AND PRESCHOOLER?

Food waste

When your child is just learning to like new foods, you will have more food waste. He'll take bits off his plate and eat just a bit, or not eat it at all. It won't be very good at estimating how much he will eat and will serve himself too much. You can remind him gently, not to take so much, but you should make him clear up his plate.

In the long run, your child will waste less food if you don't make him do it. He'll learn to like more foods and he'll take responsibility for his own eating.
HELPING CHILDREN BE GOOD EATERS

Ellyn Satter

We want our children to be "good eaters." But what is a good eater? Children who are good eaters are able to take care of their food needs in a positive and matter-of-fact way. They are able to enjoy many foods, try others, and politely turn down still others. They are able to rely for the most part on their internal cues for regulating the amounts they eat.

But children who are good eaters behave differently from adults. Children have their own ways of behaving with eating.

Children challenge themselves to eat. Children are naturally skeptical about new food and cautious about eating it. New can be a food they haven't seen before, a familiar food prepared in a different way, or someone they don't know doing the cooking. But life is full of new situations. Children challenge themselves to meet them. The same holds true for eating. Children will work to master new foods and new eating skills, the same as they work to master other skills.

Children learn to like new foods by having them served repeatedly, by seeing their friends eat them, and by tasting them many times and by having someone they trust eat the same food with them.

Children need moral support to do a good job with eating. Children eat better when there are supportive adults in the eating situation, being friendly, being companionable, but not being managing about the child's eating. Children eat better when the environment is pleasant, comfortable and safe for them, and when their provider or someone else they trust sits down with them to eat. Children eat better when parents are interested in the provider's food service and take advantage of opportunities to show their support.

Children need to feel in control of their eating. Children eat better when they can pick and choose from foods that are available and decide whether—and how much—they are going to eat. They need the freedom to turn down food they don't want—or the reassurance that they can choose not to eat something they have taken. They benefit from knowing they can taste a food and decide not to finish it. When children know they have an "out" with food, they can do more and dare more than if they get the feeling they "have" to eat.

Children are erratic about their eating. Children have built into them the ability to eat a variety. At home as well as at their provider's, they may eat a lot one day and a little the next, accept a food enthusiastically one day and turn it down the next. They also know how much they need to eat. Their internal sense of hunger, appetite and fullness is stronger than adults', and they eat the right amount to grow properly. They are more likely than adults to stop when they are full rather than when the food is gone.
Children waste food.
Household food consumption surveys show that plate waste goes up when there are children in the family. Adults tend to clean their plates and eat the expensive foods (like meat, vegetables, fruits and sweets). Children do not. And they often don’t finish their milk. A certain amount of waste is inevitable.

Children won’t eat food that is unappealing to them.
Food rejection has as much to do with the child as with the foods. Adults eat food because they like it, but they also eat food that doesn’t taste the best to them because the food is good for them or because they paid for it or to keep from getting hungry later. Children don’t. They eat because food tastes good. And they eat what hits them right at the time.

While attractive and well-prepared food that is generally familiar is important in allowing children to eat better, it doesn’t do the whole job. Children have bigger appetites some days than others. They grow faster some times than others. Some generally-favorite foods don’t taste good to them some days.

Children need limits.
Children do not benefit from being allowed to say "YUK!" at meal time. They benefit from learning to be respectful of other people’s feelings—whether those are grownups’ feelings about the food they have prepared or their friends’ feelings about what they like.

Children benefit from learning to turn down food politely (a simple “no thank you” will do), to be matter-of-fact about choosing not to eat something, and to be subtle about getting something back out of their mouths when they don’t feel like swallowing. If children are rude about food, look for ways grownups are putting pressure on their eating. Children may be fighting back.

Feeding demands a division of responsibility.
Parents and child care providers can only provide a variety of attractive, wholesome food in pleasant surroundings—and work together to encourage positive approaches to feeding. After that, it is up to the children to eat. They have their own kinkly ways of going about it. Taken on a day-to-day basis, it can look like they aren’t accepting foods at all well. But over the long term, children will eat, and they will learn to like a variety of food. Putting pressure on children to increase food acceptance or decrease food waste will backfire. Children eat less well, not better, when they are forced, bribed or cajoled to eat.

For more about feeding children so they can be good eaters, read:

• Child of Mine, Feeding with Love and Good Sense, Bull Publishing, 2002
A warm, supportive and entertaining book that tells how to parent with food and feeding in a wise, loving and tuned-in way. Satter empowers parents to make their own judgments about nutrition and feeding from infancy through preschool.

• Secrets of Feeding a Healthy Family, Kelcy Press, 1999
What to feed and how to feed, and how to get an enjoyable and rewarding meal on the table. Satter emphasizes, "when the joy goes out of eating, nutrition suffers." About nutrition education for children, she says: "Expose children to the possibilities, encourage them to explore and allow them to develop their capabilities with eating."

• Your Child’s Weight: Helping Without Harming, Kelcy Press, 2005
Restricting children’s food does more harm than good. Children become whining food sneaks, siblings become spying tattletales, parents become police officers and children get fatter, not thinner. In Your Child’s Weight, Satter considers babies through adolescents and shares her evidence-based discoveries about what to do instead.
What Should You Do if Your Child Will Not Eat at Regular Meal and Snack Times

Here are some tips to help you...

**Tip:** Let your toddler have a say in what you make. Don't let her choose everything, but give her a choice. For instance, if you are already making chicken and biscuits, you could ask your toddler if she would prefer corn or green beans with dinner.

**Tip:** If your child won't eat a specific food, try eating the food yourself. If your toddler sees you and the other family members enjoying a food, he will not be as afraid of the strange food, and will eat it because your toddler wants to eat what you are eating.

**Tip:** Offer your child drinks AFTER she has finished eating. A toddler's belly is very small, and can only hold so much. If your toddler fills up on drinks before eating, there may not be any room left for the food that a growing body needs.

**Tip:** Remember to stick to a feeding schedule for your child. This will allow your child to become hungry between mealtimes. If your child comes to the table hungry, he is more likely to eat the food you've made.

**Tip:** Tell your child when it is getting time to eat soon. Your toddler may be so tired or excited from play activities that she doesn't feel like eating. Giving her a warning 10-15 minutes before the meal will give her time to settle down to eat.

**Tip:** Don't let your child play during mealtimes. This includes reading books, playing with toys, or watching television. These activities distract your toddler from paying attention to what he is eating. If you focus on the food during mealtimes, this allows your toddler to enjoy the food he is eating, and also to stop eating when he is full. This rule should apply to everyone in the family, to help role model healthy eating habits to your toddler.

**Tip:** Try to talk positively to your child instead of giving food as a reward or punishment. If your child feels like mealtimes are not a fun or happy time, she may learn to avoid mealtimes to avoid fighting with you. Or your child may think that the only way to get your attention is through fighting, and may try to get your attention through fighting during other times.

**Tip:** Be sure to give your toddler small servings. That way he can ask for more if he wants to. Allowing him to succeed in finishing his food will make him feel good about eating.

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Funded By: the Office of Planning, Research and Evaluation of the Administration of Children and Families (Office/ACF), Grant Number: 90- YP0046. Copyright Michigan State University Board of Trustees 2008.

What Should You Do if Your Child Will Not Eat at Regular Meal and Snack Times

Remember, only your child knows if he/she is hungry or full. Allowing your child to choose what and how much to eat from what you serve teaches important skills. When you follow "parent provides, child decides", children learn to eat only as much as they need which leads to healthier eating habits.

Ask yourself the following questions:

☐ **Do you make your child eat?** If you said yes...

*What Happens:* Your child learns to ignore what his/her stomach says. Your child may be full already, but is overeating to please you. This may not be a problem if it happens once or twice, but if you are regularly making your child eat, your child may learn to hate mealtimes because they are unpleasant for him.

☐ **Do you offer different food?** If you said yes...

*What Happens:* If you serve something else, your child will think that you don't expect him/her to eat the food you make. Make one meal for everybody with a variety of healthy foods and let your toddler decide what to eat. If she doesn't eat at this meal, she will make up for it at another meal. Also, remember that only your child knows if she is full, so while you may not think she is eating enough, she may have filled her little belly already.

☐ **Do you offer the food at a later time?** If you said yes...

*What Happens:* Your child learns that he/she does not have to eat at mealtimes. Just like children go through spurts where they eat a lot all the time, they also go through phases where they don't seem to eat enough. Remember to offer healthy meals and snacks at regular times throughout the day, and to follow this schedule as much as possible. This will allow your child to become hungry in between regular feeding times, and more likely to eat his meal.

☐ **Do you offer dessert if your child will eat?** If you said yes...

*What Happens:* Using food as a reward (or a punishment) teaches children to listen to you, rather than to their own feelings of hunger or fullness. Your toddler will also learn that he or she doesn't have to eat a food if a good reward isn't offered. For instance, if you tell your child she can't have any ice cream if she doesn't eat her brussel sprouts, she may decide that she doesn't want ice cream enough for it to be worth having to eat brussel sprouts.

Funded By: the Office of Planning, Research and Evaluation of the Administration of Children and Families (OPRE/ACF), Grant Number: 90-YF0046. Copyright Michigan State University Board of Trustees 2009.

Phrases that HELP

Phrases that HINDER

Negative phrases can easily be changed into positive, helpful ones.

What you say has an impact on developing healthy eating habits.

As the caregiver, you play the biggest role in your child's eating behavior.

Phrases that HELP

INSTAD OF

UNHEALTHY ATTITUDES ABOUT FOOD OR SET

This matters to your child, then let of the no won't to refuse the food. This can lead to

See that dinner taste so good, did it

INSTAD OF

Unhealthy attitudes about food or set

This matters to your child, then let of the no won't to refuse the food. This can lead to

Spend your energy on your vegetables.

INSTAD OF

Try

"I am sorry you ate that. Come here and let me give you a hug.

We can try these veggies again another time. Next time would

Do you like that

Phrases like these help your child to recognize when

Phrases like these keep your child to recognize when

This is how tuna is sweet, like a strawberry

Phrases like these keep your child to recognize when

Phrases like these keep your child to recognize when

This is how tuna is sweet, like a strawberry

Phrases like these keep your child to recognize when

Phrases like these keep your child to recognize when

Try

Phrases like these keep your child to recognize when

Try

Phrases like these keep your child to recognize when

Try

Phrases like these keep your child to recognize when

Try

Phrases like these keep your child to recognize when

Try

Phrases like these keep your child to recognize when

Try
Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen™ list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

Will Washing and Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 89,000 tests for pesticide residues in produce conducted between 2000 and 2008 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at our dedicated website, www.foodnews.org.

Learn More at FoodNews.org

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ENVIRONMENTAL WORKING GROUP

THE POWER OF INFORMATION

Headquarters 1436 U St. N.W., Suite 100 Washington, DC 20009
(202) 667-6982
Typical Weight Gains
12-18 months - 8 oz/month
18-36 - 5-6 oz/month

Growth charts: http://www.cdc.gov/growthcharts

Ingredients - 1-3 yrs needs 1/2 to 1/3 of what adult needs are:
Protein - small amount 15 grams
Carbs + Fats - need lots
Serving size - 1 TBSP of food per age (3 year old - 8 TBSP)

Key Toomey PhD, Picky Eater vs Problem Eater

30 oz fluid a day recommended /more - not hungry for foods
Appetite - Low Iron/Zinc (is protein) - meaning meats, beans, requires
High lead levels - constipation

Intakes VARY - day to day, even during each day
Ex. Eat Big Breakfast + little lunch + dinner.

Avg toddler intake 1000-1400
Food likes + dislikes become more prominent as child strives to be
picky eating is normal & will pass.

Present food in variety of ways (shapes, objects) food coded off,
on toothpick, frozen on skewers - Google Fun Foods or Creative Foods
Vary diet by when while pregnant - leads to less picky eating child

Division of Responsibility (by Ellyn Satter):

Give
5 specific times to eat each day
Place setting
230 minutes
3 meals a day

Eat - Where to eat, what to eat
Child - If I decide to eat or not
Kids need structure + limits
Feeding a Fussy Toddler Q & A

My toddler has become a fussy eater. What should I do?

Most experts say that “picky eating” is defined by a parent's perception. In other words, your child appears fussy to you, but his/her behavior is probably just normal toddler behavior. Often toddlers do go through periods where they only eat a few foods. This is sometimes called a “food jag.” Children also may refuse to try new foods or refuse to try a food prepared in a certain way. Picky eating now and then is normal for most children. One good way to manage it is by not making a big deal out of it.

What are some tips for dealing with a picky eater?

Your role as a parent is to provide a variety of foods and a relaxed feeding environment. It is the child's job to choose how much and what to eat. Be patient! Your child will probably outgrow this stage. Make sure to provide many different foods, and let your child choose what to eat. Offer new foods over and over again, even if he/she refuses to eat them. It may take 10-15 times of offering a food before a child will eat it. Don’t force your toddler to eat something he/she doesn’t want. Try to avoid power struggles over food, because it just creates tension and is a battle a parent often cannot win.

Should I let my child eat whenever she wants?

Experts recommend serving three meals daily and two to three snacks daily at specific times. It is best not to allow eating and drinking (except for water) between meals and snacks; this helps assure that your child is hungry at meals and snack time. Resist the temptation to provide food and beverages whenever the child wants it.

How much food should my child eat?

Most toddlers have small appetites and get full quickly. Provide only 1-2 tablespoons of a food on a plate, so you won’t overwhelm your child. Give your child more food if he/she asks for more.

How do I know when my toddler has had enough to eat?

Part of developing healthy eating habits is for children to develop internal cues to know when they are done eating. Toddlers who are full may stop eating, throw food, become distracted easily, and ask to get down. Recognize these cues; allow your child to decide when he/she is full. Don’t force him/her to finish what is on the plate.

Won’t my child miss some nutrients if he’s not a good eater?

Studies show that picky eating, every now and then, does not affect nutritional status or growth. However, if your child has long periods of food fads or refusing foods, you may want to talk to a registered dietitian to assure his/her nutritional needs are met. Take your child for regular doctor appointments to have growth monitored. If you are concerned that your child is underweight or not growing properly, talk to your child’s pediatrician. If you are concerned that your child is missing some nutrients, ask your health care professional about using a multivitamin.

Will my child’s picky eating affect her health as she grows older?

It is not known if picky eating or food fads affect nutritional status or growth later in life. However, developing a healthy attitude toward food in the early years can affect eating habits for a lifetime. Offer a variety of foods and encourage your child to eat, but don’t force feed him/her to eat or participate in battles over food.

My husband has strong food likes and dislikes. Is fussy eating genetic?

Some people are “super-tasters” or very sensitive to certain tastes. This can result in many food dislikes. The dislike of specific foods is likely genetic; so if your husband is a “super-taster,” your child also may have this sensitivity. However, don’t automatically assume that your child will dislike certain foods because your husband does.

References


Retrieved from www.RD411.com
offer 3-5 types of foods at meals [Include new foods
Accept if they choose to only eat one.
Make food fun, allow choices (within your desired offered options)
Avg of 10-20 trials to accept a new food into routine.

The color red – triggers thoughts of "sweet" +
child is more willing to try it.

Make food colorful
Mix fruits & veggies together (ex. greenbeans & pear)

Do a food journal for a week.

Don't take it personally
Never be expected to eat to please you.
Don't force feed

Don't hide it
Do not offer reassurance unless child needs it to

Gain weight & recommended by physician
offer a multi vitamin instead.

http://blog.superhealthykids.com
http://micromomsmoms.com
http://mypyramid.gov/preschoolers/

Fish & mercury – http://www.fda.gov/health/effects/
mercury/tuna.asp

http://blog.superhealthykids.com
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Fish & mercury – http://www.fda.gov/health/effects/
mercury/tuna.asp