

Feeding tips...

Variety

Offer your child small amounts of lots of different kinds of food. Make foods interesting - offer bright colored food and different shapes at each meal.

Appetite



Because growth slows down after the first birthday, your child's appetite may slow down too. A child may eat more on some days than on others. Children are the best judges of how much food they need. Offer three healthy snacks in addition to three meals a day. Combine food groups to make a snack a mini meal. Ask WIC staff for healthy snack ideas.

Cup Use

Avoid baby bottle tooth decay by offering liquids in a cup instead of a bottle. Expect messes and spills. Young children are just learning to feed themselves and it takes time to get good at it.



Bottle use can cause tooth decay when children's teeth are exposed to the natural sugars found in milk, formula, fruit juice and other sweetened liquids for long periods of time. This can also happen if a sippy cup is carried around and used all day.

Food Allergies

Fewer than five percent of children have food allergies. The most common food allergies are to milk, peanut butter, eggs, fish, shellfish, nuts, wheat, and soy. Symptoms of a food allergy can be mild to severe. Some foods such as peanut butter can cause severe reactions in children who are allergic. If there is a family history of a food allergy, talk with your health care provider before giving that food to your child.



The Growing Toddler

1-2 Years Old

When your child turns one year old, your WIC food package will include:



- Milk
- Cheese
- Eggs
- Juice
- Cereal
- Dried peas or beans
(or peanut butter when 36 months and older)


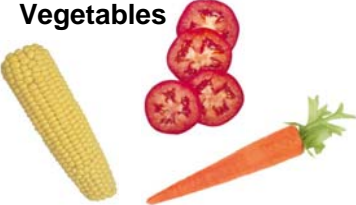
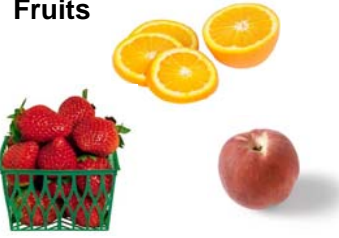


These foods are part of a healthy diet for your child.



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Use this guide for feeding your 1-2 year old

Food Groups	Amount per day	Child-size servings	Nutrition
Grains 	3 oz. per day Bread..... Cereals..... Cooked Cereals..... Pasta..... 5 whole wheat or 7 saltine crackers	½ slice = ½ oz ½ cup = ½ oz ¼ cup = ½ oz ½ cup = 1 oz 1 oz	These foods will give your child energy needed for growth and development and are a good source of fiber. Offer whole grain products or products that are enriched or fortified with iron and B-vitamins.
Vegetables 	1 cup per day Cooked, raw, whole, juice.....	¼ cup or 4 tbsp of cooked vegetables	Provide your child with a good source of vitamin A every day. These foods will help your child develop good eyesight and keep skin and hair healthy.
Fruits 	1 cup per day Cooked, raw, whole, juice.....	1 small piece of soft fruit or ¼ cup of canned fruit or 1/3 cup (3 oz of juice)	Provide your child with a good source of vitamin C every day. These foods will help your child's body absorb iron and help prevent infections. Do not offer more than six ounces of juice a day. Juices can be diluted with water.
Meat, Poultry, Fish and Beans 	2 oz. per day Lean meat, poultry, fish Eggs Cooked dry beans Peanut butter.....	2 tbsp = 1 oz 1/2 egg = 1/2 oz ¼ cup = 1 oz 1 tbsp = 1 oz	These foods are a good source of protein and iron. Protein helps build and repair body tissues like skin, bone, hair, blood, and muscle. Iron rich foods help your child have healthy, strong blood.
Milk, Yogurt and Cheese 	2 cups per day Whole milk, yogurt..... Cheese..... Cottage Cheese Ice cream or pudding (once in a while).....	½ cup (4 oz) ¾ oz = ½ cup of milk ½ cup = ¼ cup milk ½ cup	These foods keep bones and teeth strong. Feed your child whole milk until two years of age. It contains important fats for brain development and growth.

Choking: Young children can choke on foods that are hard and have skin or seeds. Give your child foods that are soft and moist. Offer foods such as cut-up hot dogs, raisins, cut-up grapes, cherries, peanut butter spread thinly and fruits with skin only under close supervision. Do not offer raw carrots, hard candy, popcorn, nuts, and seeds until your child is at least three years old.