

## LEARN ABOUT

# HEALTHY EATING FOR TODDLERS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider



## Helping Toddlers Eat Healthy

It's important to give toddlers lots of different healthy foods.

This means offering fruits, vegetables, grains like bread or rice, protein-rich foods like chicken, beans, or eggs, and dairy or soy milk that has extra nutrients.

When selecting food and drinks, try to choose ones that are healthy, low in salt, and don't contain added sugar.

## Easy Tips to Get Started

### ■ Give Healthy Foods:

Offer toddlers a mix of fruits, vegetables, grains, protein, and dairy or soy milk with added nutrients. Try not to feed them foods or drinks with added sugar and pick those containing less salt.

### ■ Watch for Hunger and Fullness Cues:

Toddlers will usually tell their parents when they are hungry. When they're full, they might push food away, close their mouth, turn their head away, or make sounds. Paying attention to these cues helps children learn to stop eating when they've had enough.

### ■ Keep Your Toddler Safe from Choking:

Make sure toddlers sit down while eating. Don't let them run or play with food in their mouth. Be careful with foods that are choking hazards, like hot dogs, candy, nuts or seeds, raw carrots, grapes, popcorn, and large chunks of peanut butter.

### ■ Drinks Are Important Too:

Toddlers only need water, milk, and breastmilk if they still drink it. Don't give them sugary drinks like soda, flavored milk, juice, or sports drinks.

### ■ Try New Foods Together:

Serve toddlers new foods along with those they already like. Sometimes children need to try new food 8 to 10 times before they like it, so keep trying!

### ■ Make Sure Food is Safe:

Teach toddlers to wash their hands before eating. Only serve foods that are cooked the right way and never give them raw (unpasteurized) milk or juice.