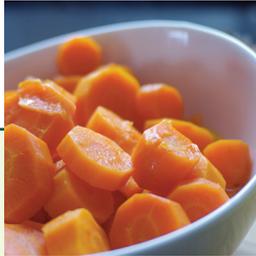


Airplane Choo Choo FEEDING TIPS FOR 12-24 MONTHS

Your baby is a toddler and is eating foods with high nutrient content (fruits, vegetables, whole grains, lean meats and dairy) because a variety of healthy food promotes good nutrition. Your baby grew very fast during the first year and needed to eat more food. After the first year, growth begins to taper off so their appetite can decrease and their food intake may appear irregular and unpredictable.⁴



Introducing Milk*⁴

- Serve your toddler plain whole milk. Most toddlers need the extra calories from the fat to make sure they have enough nutrients for growth and development.
- During the second year of life, low-fat milk may be considered if growth and weight gain are appropriate, or especially if weight gain is excessive, family history is positive for obesity, dyslipidemia (high cholesterol) or cardiovascular disease. Consult your pediatrician.
- Encourage your toddler to drink milk from a sippy-cup instead of a bottle to help with cup drinking skills needed for transition to an open cup.
- If your toddler cannot tolerate cow's milk, talk to your pediatrician about alternatives.

Feeding Tips*^{4,9}

- Toddlers can be picky eaters, so offer small portions and never force them to clean their plate.
- Be patient if your toddler goes on "food jags." Keep trying to offer small amounts of new and previously rejected foods, but never force your toddler to eat them. It can take from 8 to 10 times of trying a new food, before a child will eat it.
- Your toddler has the skills to participate in family meals.
- Your toddler is ready to consume most of the same foods offered to the rest of the family.
- Let your toddler sit at the table in a booster seat to feel like a part of the family.
- Offer your toddler 3 regular meals and 2-3 snacks a day that are 2-3 hours before a meal.
- Do not feed your baby more than 4 oz. of fruit juice per day or other beverages including plant-based milk alternatives, soft drinks, coffee, tea or caffeinated beverages.

The importance of role modeling – Caregivers should serve as role models by eating the same healthy foods that they want their infants and toddlers to learn to accept and like.⁸

The following foods are hard for children to chew without a full set of teeth. They could cause your child to choke. Offer these foods **only** when the child can chew and swallow well. All finger foods should be small, bite-sized foods. Watch your child closely when eating them. Never leave your child alone while eating.

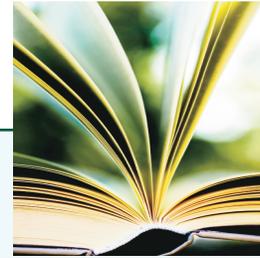
- Hot dogs
- Apple chunks or slices
- Hard candies
- Whole grapes
- Popcorn
- Chunks of meat or cheese
- Peanut butter
- Whole nuts/seeds
- Raw vegetables

*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).

Airplane Choo Choo



Reference List



1. Academy of Nutrition and Dietetics. Pediatric Nutrition Care Manual® <http://www.nutritioncaremanual.org/pediatric-nutrition-care>. Accessed: 4/23/2021.
2. Eidelman AI, Schanler RJ, et al. American Academy of Pediatrics Section on Breastfeeding. "Breastfeeding and the Use of Human Milk."* *Pediatrics*. 2012; 129: e827-e828.
3. Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. *Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations*. Technical Scientific Report. Durham, NC: Healthy Eating Research, 2019. Available at <http://healthyeatingresearch.org>.
4. American Academy of Pediatrics, Committee on Nutrition. *Pediatric Nutrition*. Kleinman RE, Greer FR, eds. 8th ed. Itasca, IL: American Academy of Pediatrics, 2020.
5. U.S Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
6. Tips for Freezing & Refrigerating Breast Milk. <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Storing-and-Preparing-Expressed-Breast-Milk.aspx>; Accessed on November 26, 2019.
7. Starting Solid Foods. <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>; Accessed on November 26, 2019.
8. Pérez-Escamilla R, Segura-Pérez S, Lott M. *Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach*. Healthy Eating Research; 2017.
9. Jimenez EY, Perez-Escamilla R, Atkinson SA. *Existing Guidance on Feeding Infants and Children from Birth to 24 Months: Implications and Next Steps for Registered Dietitian Nutritionists*. *Journal of the Academy of Nutrition and Dietetics*. 2021; 121(4):647-654. doi:10.1016/j.jand.2020.12.016.

*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).