

Help Me Find a Balance

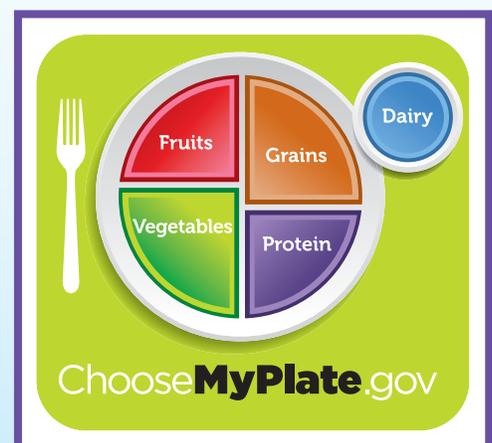


I'm not a baby anymore!

I need to eat a variety of foods every day—just like you! The portion sizes may be smaller, but the balance of the food groups should be the same.

Now that I'm a toddler, I am ready to eat more table foods and drink less milk. You can help me grow and stay healthy by trying some of these ideas:

- Scrambled eggs and cheese
- Rice, lentils and yogurt
- Homemade French toast or pancakes topped with fruit
- English muffin pizza
- Homemade soup or stew
- Mashed sweet potatoes
- Rice mixed with beans or spinach
- Veggie or black bean burgers
- Bread or rice pudding
- Rice with tofu and vegetables
- Hummus with pita bread and cucumbers
- Waffles with fruit
- Mashed green plantains
- Vegetable or meat dumplings
- Baked fish cakes and beans
- Boiled egg with mashed vegetables
- Cottage cheese or yogurt with fresh fruit
- Steamed broccoli or cauliflower with melted cheese
- 2 ounces of cooked meat, ground or diced with pasta
- Natural or unsweetened applesauce



Remember, you are my best teacher. I learn most of my eating habits and make my food choices by watching you!



Growing Up Means...

- Giving me a cup for all of my drinks, including milk.
- Feeding myself and maybe making a mess.
- Eating with the family. If we're eating together, you can keep an eye on me.
- Trying new foods and textures—no more baby foods!
- Eating a lot on some days and a little on others.
- Learning to use a child-sized spoon and fork.

Help Me Adjust...

- Cut up my food into bite-sized pieces.
- I like routine. Serve me meals and snacks at the same time every day.
- Offer me new foods along with foods that I already like.
- If I'm interested in your plate, let me try new foods.
- Give me a balance of food and drinks. I only need 16-24 oz. of plain whole milk a day. Cheese and yogurt make great substitutes!
- Have patience when I explore new foods.
- Let me try foods you don't like. I may like them!
- Let me decide when I am full.
- If I don't like a food the first time, keep trying. I will grow to like it!
- Offer me water throughout the day, and no more than 4-6 oz. of 100% fruit juice. You can dilute the fruit juice with water!

Help Me Feel Good About Myself...

- Let me help in the kitchen.
 - I can wash my hands with soap and water before we start preparing and eating food.
 - I can help you pour or dump ingredients into the mixing bowl.
 - I can help you put bread into the toaster.
- Let me help pick out fruits and vegetables in the supermarket.
- Turn off the TV while we eat.
- Let's take more walks together as a family.
- Sing, dance and listen to music with me!

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