

<i>Age</i>	<i>Food Group</i>	<i>Foods</i>	<i>Times per day</i>	<i>Serving Size</i>	<i>Feeding Tips</i>
12-24 months	Milk	Breast Milk or Whole Milk	3-4	6-8 oz	<ul style="list-style-type: none"> <li>• Serving sizes are approximate. Each toddler's appetite is different.</li> <li>• Daily totals of breast milk or formula for this group are approx 16-24 ozs.</li> <li>• Toddlers need 5-6 small meals daily. Do your best to offer meals at about the same time each day.</li> <li>• Wean toddler from a bottle to a cup. Goal is to be off the bottle by 15 months of age.</li> <li>• Continue breastfeeding if desired, but also offer whole milk in a cup.</li> <li>• If formula feeding, change to whole milk now.</li> <li>• Offer small portions. Never force your toddler to eat.</li> <li>• Limit the amount of fruit juice your child drinks to less than 4 ounces daily.</li> <li>• To see if your toddler has a healthy diet, look at a 4-5 day span to see if he or she is eating a good balance of foods from the food groups.</li> <li>• Your toddler may refuse foods he or she used to like.</li> <li>• Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm.</li> <li>• Let your toddler feed himself or herself. It will be messy, but this is another step toward independence.</li> <li>• Teach your toddler to wash his or her hands and face often. This is important before eating and drinking.</li> <li>• Never leave toddler unattended while they are eating.</li> <li>• Turn the TV off during meals.</li> </ul>
		Cheese Plain or blended yogurt	1-2	1/2 cup or 1 slice	
	Grain	Cereal/Bread/ Rice/Pasta (whole grain)	4-5	1/4-1/2 cup	
	Fruit	Fruit	2-3	1/2 cup	
	Vegetable	Dark yellow, orange or green	2-3	1/2 cup	
	Meat	Chicken, beef, pork, beans, tofu, turkey, egg	3	1-2 oz	