

Feeding Guidelines for Toddlers

1. Mealtime should be pleasant. Do not punish or discipline your child at the table.
2. There should be few distractions for your child at the table. This means **no television** during meals.
3. Your child must sit during mealtime, either in a highchair or at the table.
4. It is best if your family eats with your child. Remember you are an important role model for your child in everything, including eating.
5. There should be no games used to feed your child. There should be no force-feeding at any time.
6. Do not use food to bribe or reward your child. Do not take away food as punishment.
7. Your child should have a spoon and some finger foods at each meal. You may still be doing a lot of the feeding, but your child must develop good self-feeding skills.
8. Expect your child to make a mess while eating. This is a normal part of the learning process. Wait until your child is done eating to start cleaning him/her up.
9. If your child throws food or has a tantrum, calmly stop the meal.
10. Twenty minutes is a reasonable amount of time for a young child to sit at the table.
11. Your child should be on a schedule of 3 meals and 3 snacks. Feed your child only at those times. Do not let your child eat or drink in-between these times.
12. Do not let your child fill up on liquids. Your child should drink **20-24 ounces of whole milk per day**. Your child should have no more than 4 ounces of juice per day. Your child should have no other liquids except water. This means no soda, tea, Kool-aid, or Gatorade.
13. It is very important that your child have planned snacks. A snack does not mean junk food. Do not let your child have candy, chips, or other junk food.

Healthy snacks include:

Cheese sandwich or cheese on crackers	Cottage cheese
Cream cheese on crackers	Fruit – cut into small pieces
Peanut butter and jelly sandwich	Cooked vegetables
Tortilla with beans and cheese	Yogurt
Rice and beans	

14. Young children can easily choke. Do not give any of these foods to child younger than 4 years:

Uncooked carrots	Celery
Hard candy	Peanuts
Grapes (unless cut up)	Popcorn
Hot dogs (unless cut up into very small pieces)	

15. Supplementing Toddlers

Carnation Instant Breakfast Mix: 130 kcal/packet, 280 kcal when added to whole milk
Pediasure: 30 kcal/oz; very expensive

High calorie foods supplements

Nonfat dry milk: 25 kcal/tbsp, add to potatoes, casseroles, yogurt, cereal, ground meat

Cheese: 100 kcal/oz, add to casseroles, vegetables, meats

Butter/margarine: 40 kcal/tsp, add to potatoes, rice, bread, hot cereal, gravies, casseroles, pasta, vegetables, soups, sauces

Sour cream: 30 kcal/tbsp, add to vegetables, potatoes, casseroles, gravies

Cream cheese: 45 kcal/tbsp, add to fruit, pudding, cereals, desserts

Peanut butter: 100 kcal/tbsp, good on bread, crackers, apples, bananas

Liquid vegetable oil: 125 kcal/tbsp, add to gravies, potatoes, cooked cereal, rice, pasta, vegetables, casseroles

16. Supplementing Infants

Do not concentrate your infant's formula without consulting with a doctor first.

Refer to additional provided information to adjust your infant's formula for increased calories.