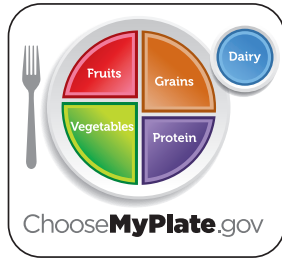


Building a Healthy Meal for Children Ages 1 to 2 Years



- ½ the plate colorful fruits & vegetables
- ½ the plate whole grains & 1 serving lean protein
- 1 serving of milk/dairy on the side or added onto the plate

Other Tips:

- Help your child understand feelings of hunger and fullness.
- Start with small amount and let your child ask for more.
- Choose the time, place and food provided and allow your child to decide how much food to eat.
- Respond to the cues of 'I am hungry' and 'I am full'. (Ask 'Is your stomach telling you that you are full?')
- Be a role model for healthy eating – your child learns from watching you.
- Do not bribe or reward with food.

Building a Healthy Snack for Children Ages 1 to 2 Years

Pick two food groups to make a well-balanced snack.



Caution!
These foods might cause choking:

raisins, uncut whole grapes, hot dogs, nuts, popcorn, spoonful of peanut butter or nut/seed butter, marshmallows, raw vegetables or other small, round, hard or sticky foods.

Ready for a Cup

- Transition off bottle by 15 months in age.
- Offer water at snack time and throughout the day via cup.
- Offer whole cow's milk or WIC-approved soy milk at meals via cup.

Building a Healthy Meal for Children Ages 1–2 Years



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Signs of Hunger

- Reaches for food or points to food
- Opens mouth when offered food
- Shows excitement when offered food
- Uses hand signals, words, or makes noises to signal hunger

Signs of Fullness

- Pushes away food
- Turns head away from food
- Closes mouth when more food is offered
- Uses hand signals, words, or makes noises to signal fullness

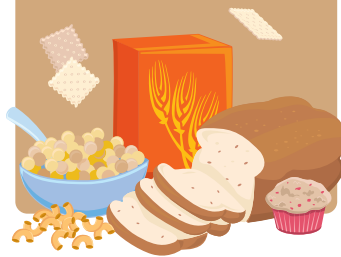
Make Mealtime Welcoming

- Use child size plates, bowls, cups, forks, and spoons.
- Introduce new foods along with favorite foods.
- Enjoy family time - sit together at the table and talk as a family.
- Turn off the TV during meals and put away electronic devices.
- Playing with food is natural. Playing with food can be a sign that your child is exploring new textures and becoming familiar with a new food.

Offer your child foods from each food group every day.

Grains

3 to 5 ounces/day
Serving size = 1 ounce



- 1 slice whole grain bread
- 1 cup ready to eat dry cereal
- ½ bagel, bun, English muffin
- 1 6-inch tortilla
- 4 to 6 whole grain crackers
- ½ cup cooked grits/oatmeal
- ½ cup cooked rice/pasta

Proteins (Meat & Beans)

2 to 4 ounces/day
Serving Size = 1 oz



- ¼ cup cooked beans
- 1 oz. cooked meat
- 1 small, whole, cooked egg
- 1 oz. canned fish
- 4 to 5 tablespoons tofu
- 1 tablespoon of peanut butter, tree nut butter, or seed butter, spread thin or mixed in food to prevent choking.

Milk/Dairy

2 to 2 ½ cups/day
Serving size = ½ cup



- ½ cup (4 oz) cow's milk
- ½ cup (4 oz) fortified (WIC approved) soy milk
- ½ cup yogurt
- 1 cup cottage cheese
- 1 slice of cheese
- 1 stick of string cheese
- 3 tbs shredded cheese

Vegetables

1 cup/day
Serving size = ¼ cup



- ¼ cup chopped vegetables
- ¼ cup mashed vegetables
- ¼ cup cooked vegetables
- ¼ small cooked potato
- ½ cup leafy green vegetables
- ¼ cup (2 oz) 100% vegetable juice

Fruits

1 cup/day
Serving size = ¼ to ½ cup



- ½ small piece of fresh fruit
- ¼ to ½ cup fresh fruit
- ¼ to ½ cup thawed frozen fruit
- ¼ to ½ cup canned fruit (canned in juice, not syrup)

100% fruit juice

- Max ½ cup (4 oz) per day
- Best diluted with water
- Choose WIC approved 100% fruit juices

Water/Fluid

5 cups of fluid per day



- Encourage plain water and cow's milk/soy milk over sweetened beverages
- Serve mostly plain water when your child says they are thirsty.