Healthy Eating for Toddlers

Why Is This Important?
- Many parents know what foods are healthy but they may have difficulty feeding children in a healthy way due to food insecurity, lack of confidence with meal prep or questions about portion sizes and snacks.
- Picky eating frustrates and discourages so many parents!
- Many parents find it hard to set limits on sugary beverages, including juice. Some parents view juice as a way to provide their toddler with the recommended servings of fruit/vegetables. Even 100% fruit juice has sugar that can damage teeth.

Talking Points About Healthy Eating
- Serving sizes for toddlers are very small. A serving size of veggies is only 1–2 tablespoons, about the size of a quarter.
- Lots of parents say their child is picky, especially when it comes to new foods or eating fruits and vegetables. You are not alone!
- Did you know that a young child might need to try a new food 10–15 times over several months before she’ll eat it?
- If possible, give your toddler a couple healthy choices at mealtimes but let her decide when and how much to eat.

Talking Points About Healthy Beverages
- Water and low-fat milk are the best beverage choices for your toddler. Toddlers never need soda pop or sports drinks.
- Toddlers need about 3 servings (1/2 cup for this age) of milk each day.
- Skip the juice and stick with water. Sometimes young children fill up on juice and then don’t want to eat healthier foods.
- Try letting your child pick out a favorite, special cup for water only.
- If you choose to give other drinks, limit it to 4–6 ounces a day of 100% juice or low-fat, low-sugar, flavored milk.