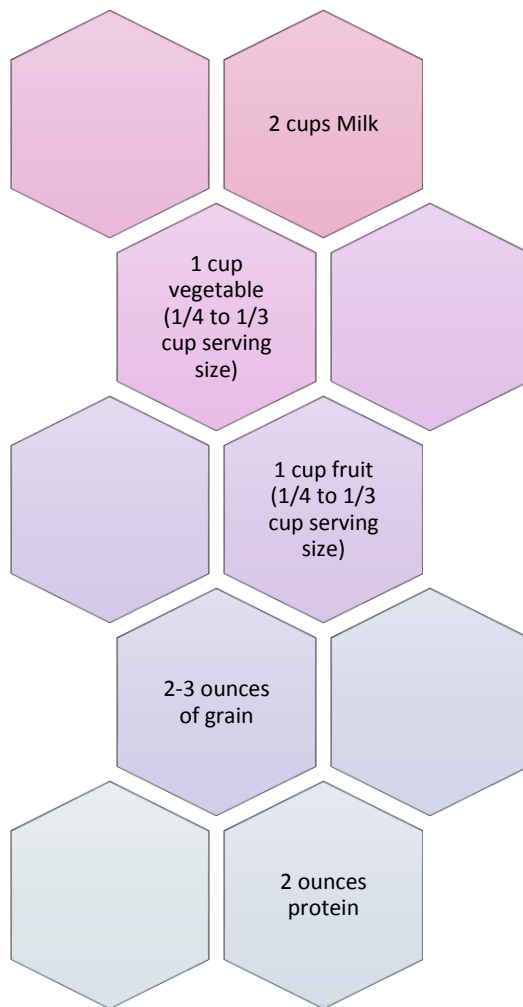


## Feeding Solids to Your Toddler

Toddlers need about 1000 kcal/day with 30-35% of the calories from fat.



- ✓ Toddlers eat about every 2-3 hours during the day. Night feedings are not needed unless medically necessary and required by your pediatrician.

- ✓ If breastfeeding, continue to feed on demand. Usually toddlers will nurse 2-4 times per day. If formula fed, switch to whole pasteurized cow's milk, hemp milk, whole pasteurized goat milk, or soy milk. Limit milk to 2 cups per day.

- ✓ Keep a routine with meals and eat as a family as much as possible. Toddlers mimic everything at this age so eating healthy and as a family instills good behavior in your child.

- ✓ Do not chase after your child to eat. Have a designated seating area to feed your toddler. Allow 30 minutes for meals, 15 minutes for snack.

- ✓ Never overfeed your toddler. Let them decide whether they want to eat and how much they want to eat. Toddlers can decline a meal for many reasons (recent snack, holding out for other foods, they enjoy the extra

attention they receive when refusing food, not feeling well, sleepy). If your child does not want to eat, offer the same food when they return for their meal. It can take up to 10 different tries to like a new food. You can offer smaller portions of new foods with favorite foods.

- ✓ Avoid choking hazard: Hard candy, whole nuts/seeds (crushed or thin paste is fine), popcorn, whole grapes and round cut carrots/hotdogs. Avoid seafoods high in mercury.