

Does my child need commercial baby foods?

No. Prepared baby foods you can buy at the store are not any better than foods you prepare yourself.

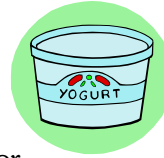
My child doesn't eat much meat. What foods will give them the iron they need?

Your child may like meat better if it is moistened with meat juice, if you make sure the meat is ground or cut up in tiny pieces, or if you mix it in with other foods. If they still won't eat meat, there are other foods that will help them get the iron they need:

- ★ well-cooked, mashed dry beans, such as those used in refried beans, chili or baked beans
- ★ prune juice
- ★ iron fortified cereal
- ★ green peas, mashed
- ★ tofu
- ★ enriched grains (breads and noodles)
- ★ green leafy vegetables
- ★ Give your child high vitamin C foods like orange juice or tomatoes with these foods. Vitamin C foods help the body get the iron from these foods.

My child doesn't seem to eat very much at one time. Is this okay?

Toddlers have small stomachs, about the size of their fist. They cannot eat very much at one time. This is why it is important that you give them three meals and 2-3 snacks each day. The snacks you give your child should be nutritious. Cheese, crackers, fruit, yogurt, peanut butter, bread, and cereal are some ideas for good snacks.



For more information on this subject, see

www.state.sd.us/doh/nutrition/

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What Should My One Year-Old Be Eating?



A Guide for Feeding the 9 to 24-Month-Old Child

9 to 11 month old

- ★ Child may be able to drink from a cup without help.
- ★ Child can eat food held with fingers.
- ★ Child's stomach can handle most soft, lightly seasoned food.
- ★ Child can sit in a high chair and eat meals with the rest of the family.
- ★ Child can now eat at the same time the rest of the family is eating.

12 to 18 month old

- ★ Child can eat almost everything that the family is eating, as long as it won't cause choking.
- ★ Child can drink from a cup and can be weaned from the breast or bottle to a cup.
- ★ Child can now have cow's milk, orange juice, honey and whole egg.
- ★ Child begins learning to use spoon.



18 to 24 month old

Child will get most of his/her molars. When they arrive, child should be able to eat almost anything as long as it won't cause choking.

Food Group	Food Choices	1-2 Years Amount Needed Per Day
Grains	Bread: ½ slice = ½ oz Cereals: ½ cup = ½ oz Cooked cereals: ½ cup = 1 oz Pasta: ½ cup = 1 oz 5 whole wheat or 7 saltine crackers = 1 oz	3 oz
Vegetables	Cooked, raw, whole, juice	1 cup
Fruits	Cooked, raw, whole, juice	1 cup
Milk	Milk, yogurt, pudding, 1 ½ oz of cheese = 1 cup of milk	2 cups
Meat/Beans	Lean meat: 2 tbsp = 1 oz ½ an egg = 1/2 oz Cooked dry beans: ¼ cup = 1 oz Peanut butter: 1 tbsp = 1 oz	2 oz

A serving size for your one-year-old is different than a serving size for you.

Starting Table Foods

- ★ Mash up the food or make runny foods, like soup, thicker.
- ★ Let your child feed his or herself when they are ready. You will know they are ready when they are grabbing the spoon and not letting you feed them.
- ★ Cut up meat very fine, because it won't soften in your child's mouth.

- ★ Your child will want to feel, see and smell food before eating it. This is normal. Let them experiment.
- ★ Don't give your child foods that may cause choking (grapes, hotdogs, nuts, hard candy, popcorn or other foods the size of a child's throat) unless they are cut up in very small pieces.



What About Milk?

- ★ If your toddler is nursing, about 3-5 feedings in a day is normal. Breast-feeding is great for snacks and late night or early morning feedings.
- ★ Cow's milk and juice should be offered in a cup. Only formula should be given in a bottle. This will make weaning much easier.
- ★ A baby doesn't need to be kept on formula past 12 months unless they are growing very slowly, are very small, or have a milk allergy.
- ★ Keep your child on whole milk until they are 2. This will ensure they are getting enough calories and essential nutrients, like fatty acids for brain development.



- ★ 1 to 2-year-olds should have on average 16 oz. of milk or four servings of milk foods daily.