

Food to Grow On

• 19 THROUGH 24 MONTHS •

Your child is learning to eat more solid foods and is more active. Good nutrition gives your child what he or she needs for proper growth, good health and energy for moving, playing and learning.

I can:

- Eat most foods the family eats
- Chew tougher foods
- Use a spoon with less mess
- Hold a cup with one hand
- Learn to use a fork for eating
- Start saying "more" and "all done"



"Help me brush my teeth twice a day and visit my dentist at least once a year."

WHAT AND HOW MUCH TO SERVE YOUR TODDLER EACH DAY

Grains/Breads 2 - 3 ounces a day	1 ounce is:	Give me:
	1 slice of bread or 1 tortilla ½ cup cooked rice, pasta or oatmeal 1 cup dry WIC cereal 5 crackers	Whole grains such as whole wheat bread, whole wheat or corn tortillas, oatmeal, whole wheat pasta, oatmeal or brown rice
Vegetables 1 cup a day	1 cup is:	A dark green or orange vegetable every day such as carrots, sweet potato or broccoli Cooked vegetables
	1 cup cooked, chopped vegetables 1 cup of vegetable juice	
Fruits 1 cup a day	1 cup is:	A good vitamin C source every day such as an orange, strawberries or melon Cooked or soft raw fruit like applesauce or melon 4 ounces a day or less of fruit or vegetable juice in a cup
	1 cup diced soft or cooked fruit 1 small banana 1 cup of 100% fruit juice ½ cup of dried fruit	
Milk 2 cups a day or breastfeed 2 to 3 times per day	1 cup is:	Whole milk in a cup until age 2 16 ounces is plenty
	1½ ounces of cheese ⅓ cup shredded cheese 1 cup yogurt 2 cups cottage cheese	
Meat and Beans 1½ ounces a day	1 ounce is:	Well-done but moist and chopped meats Mashed, cooked WIC beans
	½ chicken leg or ½ hamburger patty 1 ounce fish or other meats 1 egg ¼ cup cooked beans	

Dish Up Healthy Snacks

Snacks help your child grow. Offer:

- Peeled slices of fruit
- Pieces of cheese
- Whole grain crackers, tortillas or bread
- Yogurt or cottage cheese



"I like a routine. Give me meals and snacks about the same time each day."

SAMPLE MENU AND SERVING SIZES

Breakfast	1 scrambled egg ½ slice whole wheat toast ½ cup whole milk*
Morning Snack	½ cup orange slices ½ cup dry WIC cereal
Lunch	Soft taco (½ small whole wheat tortilla with 1 tablespoon ground beef and ½ ounce cheese) ¼ cup cooked carrots ¼ cup cooked apple slices Water
Afternoon Snack	3 to 4 cucumber slices ½ of a rice cake
Dinner	Red beans and rice (¼ cup red beans with ¼ cup brown rice) ½ cup green beans ¼ cup diced melon ½ cup whole milk*
Snack	2 to 3 whole wheat crackers ¾ cup whole milk*



* Breastfeeding may replace whole milk.

Start Healthy Habits

- Eat your veggies. Children copy their parents.
- Eat meals together as a family.
- Sit at the table to eat meals and snacks.
- Serve three meals and two to three snacks every day at about the same time.
- Turn off the TV during meals.
- Wash hands before and after eating.

Happy Mealtime Tips

- Decide what to serve and when to serve it.
- Let your child leave food on the plate. Your child is the only one who knows how hungry or full he or she is and will decide how much to eat, even if it is nothing at all.
- Do not bribe, play games or force your child to eat.
- Use child-size plates, cups, spoons and forks. These work better for small hands.
- Serve at least one food your child likes. If he does not like the other foods offered, he will have something to eat.

- Serve foods:
 - In bite size pieces or pieces that are easy for your child to hold
 - That are soft and easy to chew
 - That are mild and simple like yogurt
 - That are not too hot or too cold
- Keep trying new foods. It can take as many as 10 to 15 times before some children will take a bite of a new food.
- Plan a quiet time before meals and snacks. Children eat better when they are relaxed.
- Be ready for spills. Keep napkins or paper towels nearby.

Healthy and Safe Food

Offer a variety of these foods:

- Colorful fruits and vegetables, like tomatoes, sweet peppers and oranges
- Water, whole milk and 100% juice. Limit foods or drinks that have a lot of salt and sugar, like soda, cookies or potato chips
- Good sources of iron such as meat, beans and fortified cereals and grains

These foods are okay to give your child after 1 year of age:

- Eggs
- Soy
- Wheat
- Boneless Fish
- Whole Milk
- Shellfish

Note: If there is a history of food allergies in your family, your doctor may suggest starting these foods later.

Avoid foods that can cause your child to be sick:

- Raw or undercooked meat, chicken, turkey or fish
- Raw or soft cooked eggs
- Deli meats (like sliced bologna, turkey or ham) unless reheated to steaming hot
- Unpasteurized juices or dairy products—these items have not been treated to kill germs that could make your child ill

“Sometimes I eat more and sometimes I eat less. Serve me small portions. I will ask for more if I am still hungry!”



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