SAMPLE MENU AND SERVING SIZES

Breakfast 1/4 cup WIC cereal

½ cup diced soft pear ½ cup whole milk*

Morning Snack 1/4 whole wheat tortilla

½ oz cheese

Lunch 1 oz turkey and 1 oz cheese cubes

5 whole wheat crackers 1/4 cup green beans

½ banana

1/4 cup vegetable juice

Dinner 1 to 2 tablespoons baked chicken

1/4 cup cooked broccoli 1/4 cup cooked carrots 1/4 cup brown rice 1/2 cup whole milk*

Snack 2 to 3 graham cracker squares

1/4 cup whole milk*



* Breastfeeding may replace whole milk.

Time for a Cup!

After the first birthday the bottle is used for comfort rather than a source of nutrition. Start weaning around the end of the first year so that your toddler is done with the bottle by 14 months of age.

Try these three steps:

- · Wean from daytime bottles
- Wean from wake-up bottles
- Wean from bedtime bottles

Wait a few days between each step to help your child get used to the change in routine.

Tips from moms to make this switch easier:

- Get rid of bottles or put them out of sight. Offer milk, water and juice only in a cup.
- Offer a snack or meal instead of a bottle; for example, instead
 of the morning bottle, serve breakfast with a cup of whole milk.
- Change the bedtime routine. Offer a comforting object like a teddy bear and read a book instead of giving the bottle.

Offer lots of praise and positive support such as "you're a big boy now and can use a cup like mommy."

If your child cannot drink from a cup, talk with your WIC nutritionist.

Healthy and Safe Food

These foods are okay to give your child after he turns one:

EggsSoyWheatFishWhole MilkShellfish

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 choke:

- Sticky foods like peanut butter and marshmallows
- Slippery foods such as hot dogs, candy, cough drops and whole grapes
- Small hard foods such as nuts, seeds, popcorn and pretzels
- Large pieces of raw vegetables and cooked meats

"Give me:

- 16 ounces of whole milk a day or breastfeed me 2 to 3 times a day
- no more than 4 ounces of juice a day
- water between meals and snacks"

Juice and milk can make your child feel full. Drinking too much milk or juice may make your toddler less hungry for other foods like fruits and vegetables.

If your child won't drink milk in a cup, she can get calcium from:

- Yogurt or cheese
- Food and drinks with calcium added, like cereal
- Food made with milk, such as oatmeal, mashed potatoes or pudding



"Using a bottle after I turn a year old can lead to:

- tooth decay
- low iron in my blood from too much milk
- excess weight gain"

WIC #1283 (03/16)

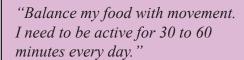


12 THROUGH 18 MONTHS

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
- Drink from a cup
- Hold a cup with two hands
- Try using a spoon
- Feed myself with my fingers
- Decide how much I need to eat



WHAT AND HOW MUCH TO SERVE YOUR TODDLER EACH DAY		
Grains/Breads 2 - 3 ounces a day	1 ounce is: 1 slice of bread or 1 small tortilla ½ cup cooked brown rice, pasta or oatmeal 1 cup dry WIC cereal 5 crackers	Give me: Whole grains such as whole wheat bread, a whole wheat or corn tortilla, oatmeal, whole wheat pasta or brown rice
Vegetables 1 cup a day	1 cup is: 1 cup cooked, chopped vegetables 1 cup of vegetable juice	Give me: A dark green or orange vegetable every day such as carrots, sweet potato or broccoli; cooked vegetables
Fruits 1 cup a day	1 cup is: 1 cup diced, soft or cooked fruit 1 small banana 1 cup of 100% fruit juice ½ cup of dried fruit	Give me: 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
Milk 2 cups a day or breastfeed 2 to 3 times per day	1 cup is: 1 cup whole milk 1½ ounces of cheese 1 cup full fat yogurt 2 cups cottage cheese	Give me: Whole milk in a cup until age 2 16 ounces is plenty
Meat and Beans 1½ ounces a day	1 ounce is: ½ chicken leg or ½ small hamburger patty 1 ounce fish or other meats 1 egg ¼ cup cooked beans	Give me: Well-done but moist and chopped meats Mashed, cooked WIC beans

Your child's need for food will vary from meal to meal and day to day. Start with a small portion

(1 to 2 tablespoons to ½ cup) and let your child tell you if he/she wants more.

"I have a tiny tummy. I need to eat every two to three hours."

Breastfeeding

Great job on breastfeeding your child! Both you and your child gain from breastfeeding past the first year of life. Breast milk continues to provide calories and key nutrients and helps to keep your child from getting sick.