

a healthy toddler plate

for 1 to 2 year old toddlers



make half of your toddler's plate

fruits and vegetables

Offer small pieces of soft fruits and cooked veggies as finger foods.

choose whole grains

for at least 1/2 of your toddler's grain foods

serve a variety of lean protein foods

Choose chopped or ground meats that are easy to chew and swallow.

serve **milk** at meals
Wean from the bottle by 12 to 14 months.

cottage cheese

"I can feed myself"

Let your toddler eat foods with his fingers and a child size spoon. Use a bowl or dish with sides.

Use a **training cup**. Practice with a cup without a cover.

make memories together

Offer finger foods. Chop soft table foods into small pieces.

Your toddler learns how to eat by playing with food.

Eat together and have fun!

what is in my cup?

A toddler could drink too many liquids and not be hungry at mealtimes.

16 ounces of milk each day is enough. Limit juice to 4 ounces or less each day.

Offer water when thirsty.

keep trying

If your toddler refuses to eat a new food, offer it again at a later meal or snack.

He may need to try a new food many times before he likes it.

Toddlers who eat a variety of foods are less likely to be fussy eaters later.

Eat a variety of healthy foods, and he will too! You are your toddler's first teacher.

how much food should I offer my toddler each day?

	fruits	vegetables	grains	protein	dairy
1 year old	3 or more servings	3 or more servings	5 to 6 servings	2 to 3 servings	4 servings
2 year old	4 or more servings (1 cup each day)	4 or more servings (1 cup each day)	6 servings (3 ounces each day)	2 to 3 servings (2 ounces each day)	4 servings (16 ounces each day)

What is a serving?

fruits

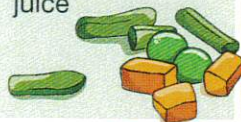
¼ cup soft fresh, canned or frozen fruit
2 to 4 ounces
100% fruit juice

Limit juice to 4 ounces or less each day.



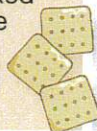
vegetables

¼ cup cooked, chopped or mashed vegetables
2 to 4 ounces
100% vegetable juice



grains

¼ to ½ slice of bread or a 6 inch tortilla
¼ to ½ cup breakfast cereal
¼ cup cooked cereal, rice or pasta
2 to 3 small crackers



protein

1 to 2 tablespoons chopped meat, fish or chicken
½ to 1 egg
2 to 4 tablespoons cooked and mashed beans or tofu



dairy

4 ounces milk
4 ounces yogurt
1 slice American cheese
2 tablespoons shredded cheese



Toddlers thrive with routines.

Offer breakfast, lunch, dinner and 2 to 3 snacks at about the same times each day.

start small

Offer 1 to 2 tablespoons of each food on your toddler's plate. Serve more when he asks for more. Trust your toddler's appetite.

Let your toddler decide how much he will eat.



snacks

Offer snacks from the 5 food groups - whole grain crackers and cereals, fruits, vegetables, yogurt, cheese, and lean protein foods.

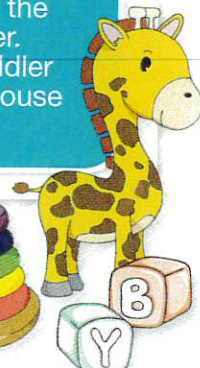
Sugary snacks and sweet drinks can ruin a toddler's appetite.



sit and eat together

Your toddler will eat better when others eat with him.

Eat meals and snacks in the kitchen, at the table or counter. Don't let your toddler walk around the house while eating.



Every toddler is different. Your toddler may eat more or less than these amounts.

If you have questions about your toddler's appetite and growth, talk to your health care provider.

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Your baby at 12 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 12 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Plays games with you, like pat-a-cake

Language/Communication Milestones

- ☐ Waves "bye-bye"
- ☐ Calls a parent "mama" or "dada" or another special name
- ☐ Understands "no" (pauses briefly or stops when you say it)

Movement/Physical Development Milestones

- ☐ Pulls up to stand
- ☐ Walks, holding on to furniture
- ☐ Drinks from a cup without a lid, as you hold it
- ☐ Picks things up between thumb and pointer finger, like small bits of food

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Puts something in a container, like a block in a cup
- ☐ Looks for things he sees you hide, like a toy under a blanket

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.
Acting early can make
a real difference!**



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Help your baby learn and grow

As your baby's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor and teachers if you have questions or for more ideas on how to help your baby's development.



- Teach your baby "wanted behaviors." Show her what to do and use positive words or give her hugs and kisses when she does it. For example, if she pulls your pet's tail, teach her how to pet gently and give her a hug when she does it.
- Talk or sing to your baby about what you're doing. For example, "Mommy is washing your hands" or sing, "This is the way we wash our hands."
- Build on what your baby tries to say. If he says "ta," say "Yes, a truck," or if he says "truck," say "Yes, that's a big, blue truck."
- Redirect your baby quickly and consistently by giving her a toy or moving her if she is getting into things you don't want her to get into. Save "no" for behaviors that are dangerous. When you say "no," say it firmly. Do not spank, yell, or give her long explanations.
- Give your baby safe places to explore. Baby-proof your home. For example, move sharp or breakable things out of reach. Lock away medicines, chemicals, and cleaning products. Save the Poison Help Line number, 800-222-1222, in all phones.
- Respond with words when your baby points. Babies point to ask for things. For example, say "You want the cup? Here is the cup. It's your cup." If he tries to say "cup," celebrate his attempt.
- Point to interesting things you see, such as a truck, bus, or animals. This will help your baby pay attention to what others are "showing" him through pointing.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- Give your baby water, breast milk, or plain milk. You don't need to give your baby juice, but if you do, give 4 ounces or less a day of 100% fruit juice. Do not give your baby other sugary beverages, such as fruit drinks, soda, sports drinks, or flavored milks.
- Help your baby get used to foods with different tastes and textures. Foods can be smooth, mashed, or finely chopped. Your baby might not like every food on the first try. Give your baby a chance to try foods again and again.
- Give your baby time to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your baby.
- Give your baby pots and pans or a small musical instrument like a drum or cymbals. Encourage your baby to make noise.

To see more tips and activities download CDC's Milestone Tracker app.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



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Tracker app



Learn the Signs. Act Early.