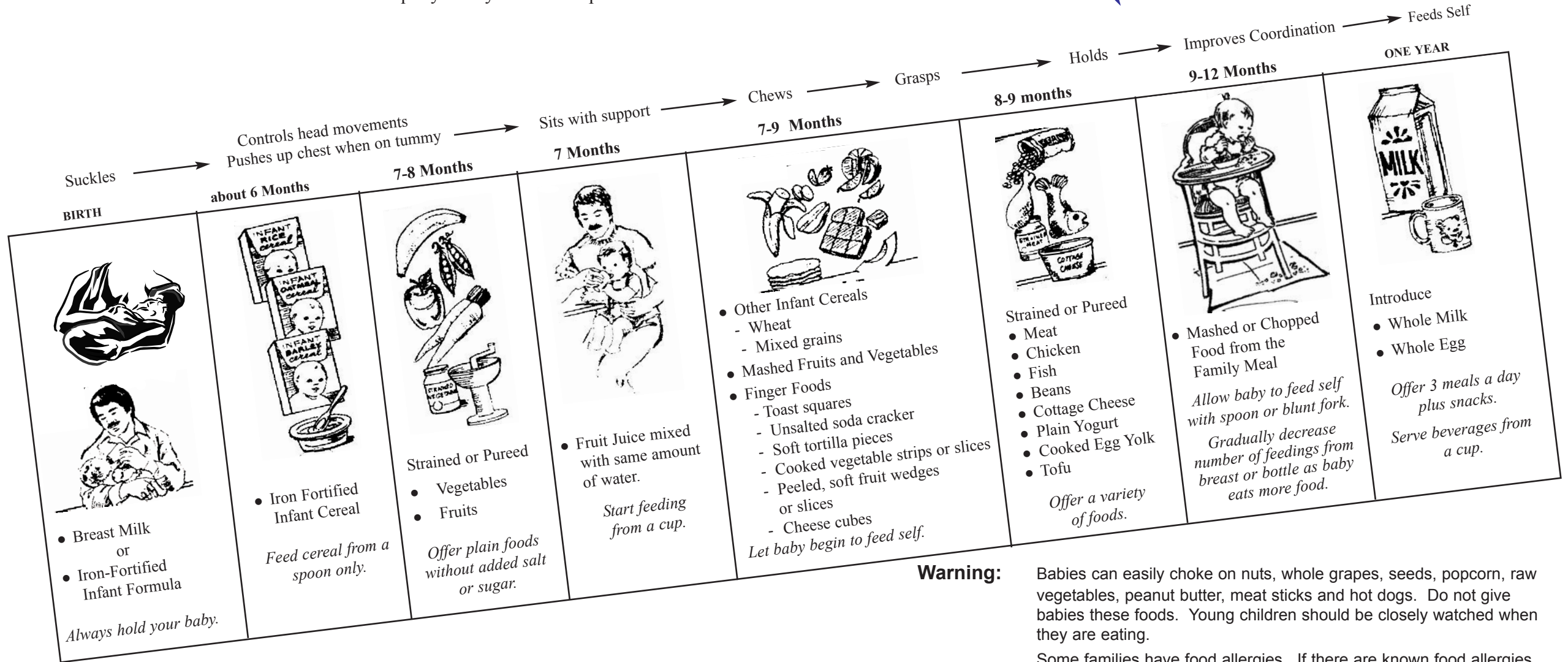


FOOD FOR BABY'S FIRST YEAR



Cooperative Extension
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The foods that a baby can eat depend on the baby's physical abilities and nutritional needs. This guide describes the skills usually present at various ages and the foods that the baby is ready to eat. Remember that the first solid foods should be liquidy. They are not a replacement for breast milk or

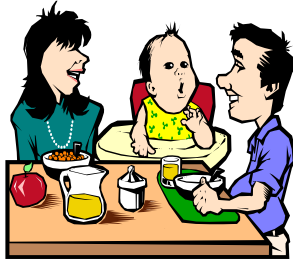


Warning: Babies can easily choke on nuts, whole grapes, seeds, popcorn, raw vegetables, peanut butter, meat sticks and hot dogs. Do not give babies these foods. Young children should be closely watched when they are eating.

Some families have food allergies. If there are known food allergies in baby's family, delay feedings these foods until after the first year.

Suggested Amounts to Serve - depends on baby's appetite, growth rate and physical activity. There will be times when the baby gobbles up food and times when your baby simply is not hungry. Allow your baby to guide you, or "set the pace". Keep feeding when your baby is hungry. Stop feeding when he/she is done!

FEEDING TODDLERS'



Many families ask for information on what, when, and how much to feed their child. Our best advice is:

- **Adults** determine **what** to serve and **when** to serve the food. Note how *small* the serving sizes are for children this age.
- **Children** are responsible for deciding **how much to eat**. They are the **only** ones who know when they are hungry and when they are full. Pay close attention, watch the signs and respond so that your child builds up trust and self-assurance.

If you respond by threatening, coaxing or bribing, your child has drawn you into the **Toddler Food War Game** – a game you can **never** win! Remember. You can honor your child's growing need for independence without playing the game by:

- **providing** one or two favorite foods with each meal along with new foods.
- **being patient** - it may take your toddler as many as 10 tries to accept new foods.
- **being consistent** – set some simple table manner rules and expect your child to follow them all the time.

The Toddler Food War Games



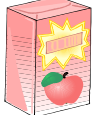

At about 1 year of age, growth rate slows way down and so does appetite. Babies become less interested in eating and more interested in what's going on around them. At about 18 months, toddlers show these **normal**, but frustrating, signs of growing up.



They may:

- become resistant to trying new foods
 - eat only one or two favorite foods
 - refuse to eat foods they ate before
 - become easily distracted when eating
- **not being restrictive** – allow your child to explore all foods (even those with sugar and fat) at the appropriate time and place. Your child has to learn to cope with the world around him. However, some foods such as cakes, candy and cookies may not be appropriate to serve at every meal, or in large portions. Setting limits is not the same as restricting access. Restriction is when others are eating these less healthy foods, and you **do not** allow your child to have them.
 - **being a role model**—eat what you would like your child to eat. Set a good example.

Meal Patterns and Food Groups for the 1-2 year old

| FEEDING TIMES |  Milk |  Grains |  Fruits & Vegetables |  Meat and Alternates | Other foods |
|-------------------------|--|---|---|---|-------------------|
| Breakfast | ½ cup whole milk OR breast milk | ½ slice bread AND ¼ cup cold dry or cooked cereal | ¼ cup juice | nothing is needed | nothing is needed |
| Lunch and Dinner | ½ cup whole milk OR breast milk | ½ slice bread OR 3 squares of saltine crackers OR 2 squares graham crackers OR | Two <i>different</i> fruits and/or vegetables to equal ¼ cup [1 serving should be high in vitamin C (e.g. orange juice) and 1 high in vitamin A (e.g. soft cooked carrots, apricots)] | 1 oz. meat OR 2 tbsp. peanut butter, spread thinly OR 1 oz. cheese (1/2 cubes) OR 1 egg OR 1/2 cup yogurt (any kind) OR 1/4 cup cooked dry beans/peas | nothing is needed |
| Snacks | ½ cup whole milk OR breast milk | ½ slice bread | ½ cup juice OR ½ piece of fruit | 2 tbsp. peanut butter, thinly spread OR 1 oz. cheese (1/2' cubes) OR 1/2 cup yogurt (any kind) | nothing is needed |

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