

SIGNS OF FOOD INTOLERANCE

Skin rash	Vomiting
Diarrhea	Wheezing

Call your pediatrician if your toddler displays any of these signs.

BEVERAGES

Milk

- At 1 year, whole cow's milk may replace breast milk or formula
 - » Until age 2, your child needs the extra calories from fat that whole milk provides
- At age 2, low-fat or non-fat milk is recommended
- Between ages 2-3, limit milk to 2 cups (16 fl. oz.) daily

Juice

- Toddlers do not need any juice; whole fruit is a better option
- If you do decide to serve juice:
 - » Serve only 100% fruit juice
 - » Limit to no more than 4 fluid ounces daily
- Offer juice in a cup rather than a bottle or sippy cup

COMMON CHOKING HAZARDS

Whole grapes	Spoonfuls of nut butter
Raw, whole cherries	Popcorn
Cherry tomatoes	Round, hard candies or gum
Whole, raw carrots	Hot dogs (unless sliced lengthwise, then across)
Raw celery	Marshmallows
Whole nuts	Jelly or gummy candies



Nutrition
FOR TODDLERS
1-3 YEARS

QUESTIONS?

Please visit the Harmons Grocery website for your dietitian's contact information
[harmonsgrocery.com/dietitians-choice](https://www.harmonsgrocery.com/dietitians-choice)
or email the dietitian team at **dietitian@harmonsgrocery.com**

**BY YOUR
HARMONS
DIETITIANS**



FOODS TO SERVE

- Offer a variety of foods from each food group daily
- Limit sugar intake
- By 2 years, your toddler:
 - » Should be eating 3 meals and 1-2 snacks per day
 - » Will be feeding themselves a variety of finger foods
 - » Will be able to use a spoon
 - » Can eat the same food as the rest of the family
- Toddlers are still learning to chew and swallow and may be prone to choking on certain foods

MEAL TIMES

Appetite

- Create regular, scheduled meal and snack times
 - » Avoid offering food or beverages (not including water) outside of mealtime, so as not to spoil your child's appetite
- The serving size for a toddler is much smaller than for an adult
 - » An average toddler-sized meal might include
 - 1 ounce of meat or 2-3 tablespoons of beans
 - 1-2 tablespoons of vegetables
 - 1-2 tablespoons of fruit
 - ¼ of a slice of bread

- It is normal for your toddler to eat really well one day and not the next
 - » Don't worry about the amount your child eats daily, as long as your pediatrician is fine with your child's growth and progress

Avoid Food Battles

- Children and caregivers have different roles for eating and feeding:
 - » The adult decides where, when, and what food is served
 - » The child decides how much, if any they will eat
- Avoid forcing your child to eat or finish the food on their plate

Picky Eaters

- Don't give up!
 - » It may take many times of offering a new food before they will like it
 - » A toddler's food preferences may change from day to day
- Continue to offer a variety of foods
 - » It may take several exposures to a new food before your child is willing to try it
- Eat with your child
 - » Seeing others enjoy food is an important part of learning to eat



Using a Cup

Begin transitioning from a bottle to an open cup by 12 months

Supplements

- Always consult your child's pediatrician before beginning any supplements
 - » Multivitamins: If your child is eating well, they will not need a multivitamin supplement
 - » Iron supplement: If your child is not eating iron-fortified cereal and eats very little meat, an iron supplement may be needed
 - » Vitamin D: If your child does not spend much time in the sun and does not eat a lot of foods containing vitamin D, a vitamin D supplement may be needed

SOURCES

www.healthychildren.org

www.aap.org