

# Feeding and Nutrition

## 15 Months

- ☐ If you haven't already started wean from bottle to cup using whole cow's milk or milk alternative
- ☐ Set designated mealtimes for the whole family and include toddler - Turn off TV and other electronics
- ☐ Offer a rainbow of colors on the plate
- ☐ Include many textures; plenty of fruits, vegetables, proteins, and dairy being mindful of choking hazards
- ☐ Decide when and where your mealtimes happen and offer 2-3 healthful choices
- ☐ Allow your toddler to choose which foods and how much to eat
- ☐ Always cut toddler's food in very small pieces and avoid known choking hazards such as raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- ☐ Let toddler feed self using fingers, utensils, and cup
- ☐ Always have child sit to eat
- ☐ Ask your healthcare provider about your child's growth curve; this is a great way to tell if your child is getting adequate nutrition.
- ☐ Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition

**\*Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child\***

### **5.2.1.0.**

**5 servings of fruits & veggies  
2 hours or less screen time 1  
hour or more exercise  
0 sugary drinks daily!**

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## Two Years

- ☐ Set designated mealtimes for whole family and include toddler - Turn off TV and other electronics
- ☐ Offer a rainbow of colors on the plate
- ☐ Offer 3 main meals and 3 nutritious snacks each day
- ☐ Decide when and where your mealtimes happen and let them choose between 2 healthy foods to eat.

♦you can ask: *Do you want applesauce or peaches? Or*

♦*Do you want oatmeal or corn flakes?* Allow your toddler to choose which foods and how much to eat

a serving size for this stage is ¼ slice of bread, ½ cup of milk, half of banana, 1 slice of cheese, 2-3 tablespoons of vegetables

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- ☐ Always cut toddler's food in small pieces and avoid known choking hazards such as: raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- ☐ Let toddler feed self using fingers, utensils, and cup
- ☐ Always have child sit to eat
- ☐ Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- ☐ Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition.

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