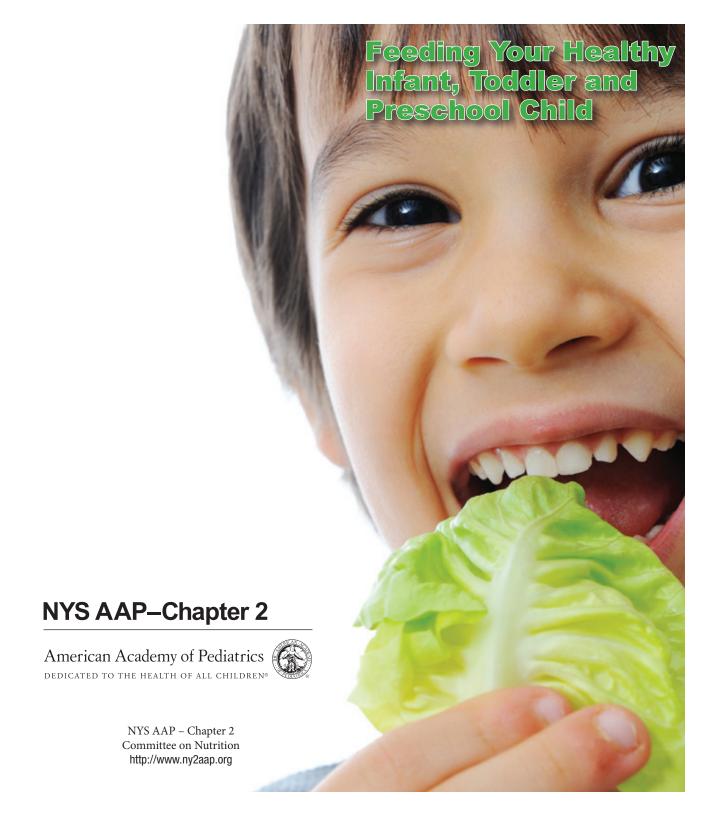
Toddlers/Preschoolers

- Healthy food choices include fruits, vegetables, cheese, yogurt, whole grain products, lean meats, poultry, fish and beans
- Offer fruits and vegetables with every meal and as snacks
- Allow children to feed themselves with use of cups and utensils
- Establish feeding routines with regular meal and snack times
- Make sure children are sitting at the table when eating a meal
- Do not force feed your child
- Allow your child to decide when he/she has had enough to eat
- Encourage children to consume 2 to 3 servings of milk or dairy a day (see Table)
- After age 2, use low fat or skim milk
- Encourage your child to drink water
- If you are serving juice, give no more than 4 ounces a day
- Avoid soda and sugar sweetened drinks
- Avoid foods with added sugars and salt
- Avoid junk food
- Do not use food as a reward or restrict food as a punishment
- Encourage age appropriate play and outdoor physical activity every day
- Limit television, computer and electronic screen time to no more than 2 hours a day
- Do not eat in front of the television, computer or electronic screen



Infants

- Breastfeed your baby for at least 6 months if possible, ideally for 12 months or longer
- If you are not breastfeeding, please consult your pediatrician regarding formula choices
- Never force feed your infant
- Let your baby determine how long he/she should nurse or how much formula he/she should drink
- Most babies will let you know when they have had enough to eat or drink
- Crying isn't always from hunger, your baby may just want to be held or just be tired
- DO NOT OVERFEED the baby does not have to empty the bottle
- When bottle feeding an infant, ALWAYS hold the baby and the bottle
- Between 4-6 months of age you can introduce pureed homemade or store bought food after discussion with your pediatrician
- Cereal and other infant food should be eaten with a spoon
- Encourage finger foods that dissolve easily
- Limit the use of food pouches which take away from learning important developmental feeding skills
- Do not place cereal or food in the bottle unless specifically instructed by your pediatrician
- Encourage your infant to eat different foods
- It may take several attempts before an infant will accept a new food, so don't give up if your baby seems to reject a new food



	FOOD	PORTION SIZE	DAILY AMOUNT	EXAMPLES
	Low-fat milk and dairy	4 ounces	20 ounces	4 ounces of milk is equivalent to ½ an ounce of natural cheese, 1 ounce of processed cheese, ½ cup of low fat yogurt
	Meat, fish, poultry or equivalent	1-2 ounces	2-4 ounces	1 ounce of meat is equivalent to 1 egg, 1 tablespoon of peanut butter, ½ cup of cooked beans
	Vegetables	⅓ cup	1½ cups	Include dark green and orange vegetables
	Fruit	⅓ cup	1½ cups	Fresh, cooked or canned fruit
	Juice	Up to 4 ounces	Up to 4 ounces	Real fruit juice

