

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

Feeding Your Healthy Infant, Toddler and Preschool Child



NYS AAP—Chapter 2

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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Committee on Nutrition
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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	¼ cup	1½ cups	Include dark green and orange vegetables
Fruit	¼ cup	1½ cups	Fresh, cooked or canned fruit
Juice	Up to 4 ounces	Up to 4 ounces	Real fruit juice

This table is based on AAP recommendations as adapted from Pediatric Nutrition 8th Edition, Editors RE Kleinman and FR Greer

