A Toddler's Transition:

Baby Food to Table Food

Early Head Start Nutrition Services

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Overview

- How do I know my child is ready?
- What foods should I give my child?
- How much food does my child need?
- What should my child drink?
- How do I handle a picky eater?
- What is my role?
- What is my child's role?

How you know your baby is ready?

- Around 9-12 months, your baby will start to...
  - Pick up food with thumb and forefinger
  - Chew (grind) their foods
 - Drink from a cup with less spilling

WHAT FOODS SHOULD I GIVE MY CHILD?

Food Group	Foods to Offer	Foods to Avoid
Grains	Dry cereal Bread Noodles Crackers Tortillas	Popcorn Chips (tortilla, potato) Pretzels
Vegetables	Canned or well-cooked vegetables	Raw vegetables
Fruits	Soft, sliced fruit	Grapes Dried fruit Fruit peels
Milk	Whole milk Yogurt Natural cheese	Unpasteurized milk Processed cheese
Meat & beans	Tender, lean meat Cooked beans Scrambled eggs	Hotdogs Nuts Peanut butter

HOW MUCH FOOD DOES MY TODDLER NEED?

- Grains: 2-3 ounces

- Vegetables: 1 cup

- Fruits: 1 cup

- Milk: 2 cups

- Meat and beans: 2 ounces
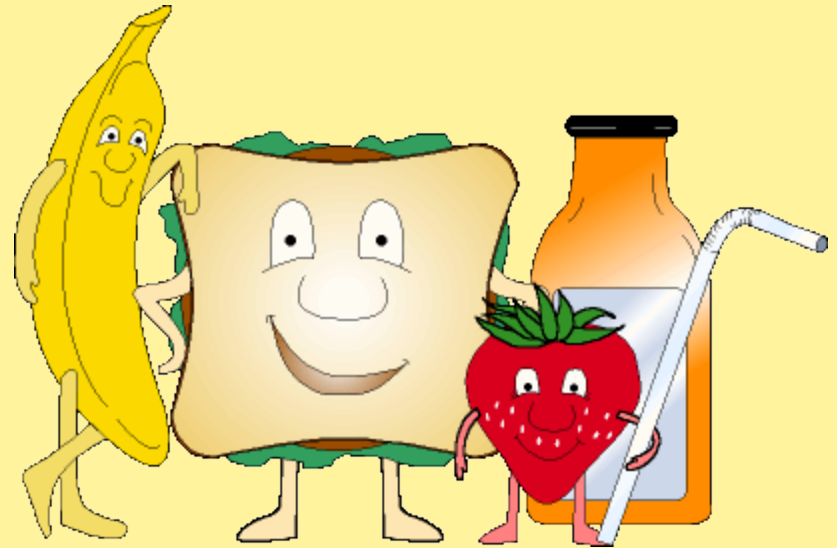
WHAT DOES MY CHILD NEED TO DRINK?

- Drink recommendations:
  - Water: offer whenever your child is thirsty
  - Milk: no more than 2 cups per day
  - Juice: no more than ½ cup per day

- Tips for better drinking habits:
  - Dilute juice with water
  - Buy 100% fruit juice
  - Avoid sugar sweetened beverages

HOW DO I HANDLE MY PICKY EATER?

- Offer one new food at a time
- Pair new foods with preferred foods
- Cook fruits and vegetables in a variety of ways
- Be patient, don't force them to eat
- Offer rejected foods multiple times
- Buy only healthy snacks
- Set a good example
- Involve child in food prep

WHO IS RESPONSIBLE FOR WHAT?

- Caregiver responsibility
  - Buying healthy food
  - Preparing meals
  - Offering age-appropriate foods
  - Timing meals and snacks
  - Making meals pleasant
  - Setting a good example

- Child responsibility
  - Choosing what to eat
  - Deciding how much to eat
  - Displaying signs of fullness

QUESTIONS??