



## MEALTIME ROUTINES

It all happens in the blink of an eye. Your baby grows into a toddler who walks, talks and wants to make their own food choices. Help your child make good food choices and develop healthy habits.

### Tips to build healthy eating habits:

1. Make mealtime a routine – Toddlers are more likely to eat if you schedule meals and snacks at the same time each day. Sit down for meals and snacks; do not eat on the run.
2. Watch for fullness cues – Your child’s stomach is the size of her fist so it fills up quickly! Limit the amount of juice and milk so she eats her food.
3. Eat meals as a family – When families sit down and eat together, the focus is on food and conversation. Parents can be role models for healthy eating. Family meals help her learn to like a variety of foods.

### TIP:

A good rule is to allow no more than ½ cup (4 ounces) of 100 percent juice per day and no more than 2 cups (16 ounces) of milk.

4. Eliminate distractions – Sometimes, your child might seem “too busy” to eat. You can help by shutting off the television and removing toys and books from the table.
5. Make nutrition a priority – Serve a variety of foods. This benefits the whole family – not just your toddler!



## TO OFFER A VARIETY OF FOODS, TRY THIS:

- For meals: Choose foods from 3 or more food groups, such as a grilled cheese sandwich (grain and dairy groups) and tomato soup (vegetable group)
- For snacks: Choose foods from 2 or more food groups, such as yogurt (dairy group) and berries (fruit group)

### ➤ MEAL IDEAS: <

#### **BREAKFAST**

- Chopped egg
- Toasted whole grain bread or corn tortilla
- Chopped plum
- Milk or breastmilk

#### **MORNING SNACK**

- Whole grain cereal
- Juice

#### **LUNCH**

- Chopped chicken
- Noodles
- Chopped green beans
- Milk or breastmilk

#### **AFTERNOON SNACK**

- Cheese
- Chopped carrots

#### **SUPPER**

- Mashed beans
- Rice
- Chopped broccoli
- Milk or breastmilk

#### **EVENING SNACK**

- Chopped pear

#### **TIP:**

Offer water between meals.

