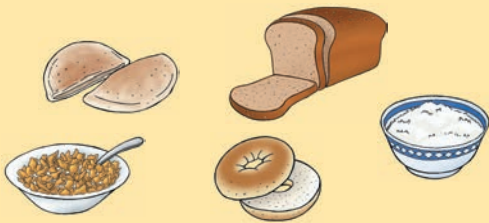
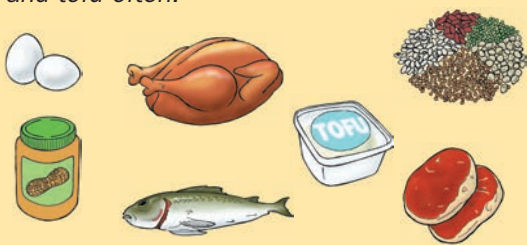


How to Build a Healthy Toddler

- A** A healthy toddler starts with healthy eating and physical activity habits.
- B** Breast is best! It is recommended to continue to breastfeed to age two and beyond. Bottle fed toddlers should be fully weaned from a bottle to a cup by 12-15 months.
- C** Cow's milk can be offered in a cup. Until 24 months of age, serve homo (3.25%) milk. After 24 months, you can switch to 1% or 2%.
- D** Don't pressure or bribe your child to eat or to eat certain foods. The more a parent pushes foods, the less likely a child is to eat them.
- E** Eating together should be enjoyable and fun for you and your family.
- F** Food jags are periods of time when children will only eat a few kinds of foods. Be patient and try not to worry, especially if your child is active, growing and healthy.
- G** Growth is affected by many things. Each child is different and children can grow and develop at very different rates. It is important to watch your child's own growth pattern.
- H** Help children learn by setting a good example. Eat with them at the table and eat well yourself by choosing a variety of foods.
- I** Iron is important for growth and development. Offer iron rich foods including meats, tofu, beans and iron fortified cereals.
- J** Juice intake should be limited to no more than 125–175 mL (4-6 oz) a day.
- K** Keep Canada's Food Guide in mind. Plan meals to include at least three of the four food groups.
- L** Limit TV watching to less than one hour a day. Toddlers under 24 months should not watch TV.
- M** Milk and Alternatives are important for growth and healthy bones and teeth. Three or more cups of milk can be filling and leave little room for other healthy foods.
- N** New foods that are offered over and over again will encourage children to try and taste them, but it may take up to 10–15 times before they actually eat them!
- O** Offer new foods one at a time along with at least one food your toddler likes or is familiar with. Children are more likely to try new foods when they are hungry.
- P** Playing actively indoors and outdoors should be fun and a regular part of every day. Children need to be physically active to grow up healthy.
- Q** Quality time with children includes playing active games together and eating family meals without TV or other distractions.
- R** Respect your child's appetite. Let your child decide how much food to eat from the healthy choices you offer.
- S** Small stomachs mean portion sizes need to be small. As children grow, portion sizes can grow too.
- T** Tooth brushing is important. Brush your child's teeth two times a day for two minutes with a soft bristle tooth brush.
- U** Use meal and snack times as a chance to teach your children about different foods, food preparation and good table manners.
- V** Vitamin supplements are usually not necessary, even for picky eaters. However, if your child has only breastmilk, they may need a vitamin D supplement.
- W** Weight and height measurements should be taken regularly and plotted on a growth chart that is a part of your child's medical record with your health care provider.
- X** Expect your toddler's appetite to vary from day to day. Schedule meals and snacks 2-3 hours apart so that children come to the table hungry.
- Y** Your child should be able to feed himself by 12 months. Let him explore food and feed himself. Expect a mess at mealtimes.
- Z** Zest for life is a toddler! This is the age where at times, exploring and playing can be more interesting and important than eating.
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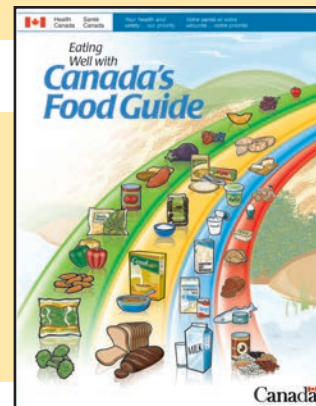
How Much Should My Child Eat?

For toddlers 12-24 months there is no recommended number of servings for each food group. Offer a variety of foods from each of the four food groups in Canada's Food Guide every day. Let your toddler decide how much to eat from what you provide at meal and snack times. For toddlers over 24 months, use the chart below to plan meals and snacks according to the recommended number of servings from each food group.

Food Group	Age 24-36 Months	What is One Food Guide Serving?
Vegetables and Fruit <i>Eat one dark green and one orange vegetable each day.</i> 	4 Food Guide servings	1 medium vegetable or fruit 125 mL (1/2 cup) of fresh, frozen or canned vegetables, tomato sauce 125 mL (1/2 cup) of 100% fruit or vegetable juice 250 mL (1 cup) of leafy raw vegetables or salad
Grain Products <i>Choose whole grain products each day.</i> 	3 Food Guide servings	1 slice of bread 1/2 bagel or small muffin 1/2 pita or 1/2 large tortilla 125 mL (1/2 cup) of cooked rice, bulgur, quinoa, pasta or couscous 175 mL (3/4 cup) of hot cereal 30 g of cold cereal
Milk and Alternatives <i>Drink 500 mL (2 cups) of 1% or 2% milk each day.</i> 	2 Food Guide servings	250 mL (1 cup) breastmilk 250 mL (1 cup) milk or fortified soy beverage 175 g (3/4 cup) yogurt 50 g (1 1/2 oz) hard cheese
Meat and Alternatives <i>Have alternatives such as beans, lentils and tofu often.</i> 	1 Food Guide serving	2 eggs 30 mL (2 Tbsp) of peanut butter or other nut butters 60 mL (1/4 cup) of shelled nuts or seeds 125 mL (1/2 cup) of cooked fish, shellfish, poultry, lean meat or game meat 175 mL (3/4 cup) of cooked and canned beans, lentils, chickpeas or hummus, soybeans or tofu

GOOD TO KNOW:

Fish is an excellent source of protein and healthy fats. Some types of fish are high in mercury, which is harmful to a child's developing brain. Serve fish that are lower in mercury for the entire family such as char, herring, mackerel, rainbow trout and salmon. To find out more about choosing local fish wisely, check the Guide to Eating Ontario Sport Fish at www.ene.gov.on.ca/en/water/fishguide/index.php

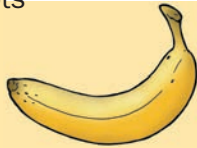


Tips for Feeding Toddlers

A healthy snack should always include at least two of the four food groups. This helps your toddler to meet her nutrient needs.

Examples include:

- Whole grain crackers and cheese
- Hummus with broccoli and carrots
- Apple slices and cheese
- Yogurt and banana slices
- Whole grain toast with thinly spread peanut butter



Your not-so-hungry toddler

Your toddler's growth may slow down between 12-24 months of age. This may decrease her appetite. It is normal for a toddler's appetite to go up and down. Children may not eat a full serving at every meal. Younger toddlers will eat smaller portions compared to older toddlers. Start with small portions and work towards bigger portions as your child gets older.

Choking

Cut your child's food into bite size pieces to avoid choking. Cut grapes and cherry tomatoes into quarters, and hard raw vegetables into narrow strips. Avoid hard, round foods such as candies, popcorn and nuts. Always supervise young children when they are eating.

Food allergies

Your toddler is more likely to have a food allergy if one or both parents or a sibling has an allergy of any kind. Whether or not there is a family history of allergies, there is no reason to delay introducing foods. Watch for an allergic reaction when new foods are introduced.

Signs of an allergic reaction:

- Swelling of the face, tongue, lips, eyes, throat
- Rash, breathing problems, itchiness, hives
- Vomiting, stomach cramps, diarrhea

Talk to your health care provider if you think your toddler may have a food allergy.

A Sample Meal Plan (12-36 months)

Every child is different and these serving sizes are only a guide. Let your child decide how much to eat.

Breakfast

- 1/2-1 slice of toast
- 30 mL - 125 mL sliced strawberries
- 125 mL milk

Morning Snack

- 1-2 graham crackers
- 30 mL - 175 mL fruit flavoured yogurt
- 125 mL water

Noon Meal

- 30 mL - 125 mL homemade macaroni and cheese
- 30 mL - 125 mL green peas
- 30 mL - 125 mL leftover chicken
- 125 mL milk

Afternoon Snack

- 50 mL - 125 mL O-shaped cereal
- 30 mL - 125 mL peach slices
- 125 mL water

Supper

- 30 mL - 125 mL baked salmon
- 30 mL - 125 mL brown rice
- 30 mL - 125 mL cooked broccoli
- 125 mL milk

After Supper Snack

- 30 mL - 125 mL grapes cut into quarters
- 125 mL milk

GOOD TO KNOW:

Avoid letting your toddler nibble on food or sip beverages all day long as this can cause dental cavities.

Offer water to drink between meals, when toddlers are active, and when the weather is hot.

Useful Measurements

30 mL = 2 Tablespoons

50 mL = 1/4 cup or 4 Tablespoons

75 mL = 1/3 cup or 5 1/2 Tablespoons

125 mL = 1/2 cup or 8 Tablespoons

150 mL = 2/3 cup or 10 1/2 Tablespoons

175 mL = 3/4 cup or 12 Tablespoons

250 mL = 1 cup or 16 Tablespoons

Want More Information?

Speak to a registered dietitian - Provincial call centres

In some provinces, registered dietitians provide answers to nutrition and healthy eating questions through a toll-free information service. For more information, go to: <http://www.dietitians.ca/Find-A-Dietitian/Search-for-a-Dietitian.aspx>.

Books

- *The Family Table*. Marie Breton and Isabelle Emond, 2008.
- *Child of Mine: Feeding with Love and Good Sense*. Ellyn Satter, 2000.
- *Secrets of Feeding a Healthy Family: Orchestrating and Enjoying the Family Meal*. Ellyn Satter, 2008.
- *Raising Vegetarian Children – A Guide to Good Health and Family Harmony*. J. Stephaniak and V. Melina, 2003.
- *Better Food for Kids: Your Essential Guide to Nutrition for all Children from Age 2 to 10. Second Edition*. J. Saab and D. Kalnins, 2010.
- *Better Baby Food: Your Essential Guide to Nutrition, Feeding and Cooking for All Babies and Toddlers. Second Edition*. D. Kalnins, 2008.
- *Moving and Growing Series: Physical Activities for Twos, Threes and Fours and Physical Activities for Fives and Sixes*. Canadian Child Care Federation, 2004.



Websites

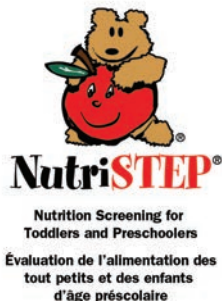
- Canada's Food Guide: www.canadasfoodguide.net
- Food Allergy Network: www.foodallergy.org
- Anaphylaxis Canada: www.anaphylaxis.ca
- Best Start Resource Centre: www.beststart.org
- Dietitians of Canada: www.dietitians.ca
- Canadian Physical Activity and Sedentary Behaviour Guidelines for the Early Years 0-4 years: www.csep.ca/english/view.asp?x=804
- Caring for Kids (Canadian Paediatric Society): www.caringforkids.cps.ca/
- About Kids Health (The Hospital for Sick Children): www.aboutkidshealth.ca
- Ellyn Satter Associates: www.ellynsatter.com/about.jsp



Contacts

Contact your local public health unit or community health centre for:

- Further advice on eating problems, supplements, children and diets (e.g. vegetarian).
- Handouts on growth, healthy eating, meal and snack ideas, picky eaters, food budgeting, eating out, reading food labels and more.
- Contact information for nutrition related support groups and agencies in your community.
- Parent education workshops.



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