

FEEDING TIPS FOR 19-36 MONTH OLDS

SERVE VEGETABLES & FRUITS IN VARIOUS WAYS

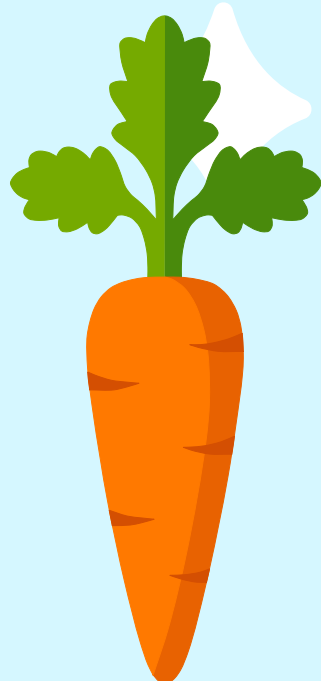
Mix up how you serve vegetables and fruits by adding frozen veggies to soups or stir-fries, or using fun shapes like spirals. For example, try serving carrots raw, shredded in a salad, roasted, steamed in rounds, baked into muffins, or spiralized.

PAIR NEW FOODS WITH FAMILIAR FOODS

For example, if your child likes veggies with ranch dip, try offering both ranch and hummus. Allow them to explore new foods without pressure. Try introducing new foods regularly to make them a normal part of mealtime.

OFFER HEALTHY DRINKS

Provide options like breast milk, plain whole cow's milk, and water. For children over 2 years, include skim, 1%, 2% milk, or plain fortified soy beverages. Avoid juice and pop.



EAT TOGETHER AS A FAMILY

Toddlers often mimic their parents' eating habits, so eating as a family encourages them to try new foods.



LIMIT DISTRACTIONS

Avoid screens and toys at mealtime and snack time. Distractions can affect how much and how quickly your child eats.

SAMPLE MENU

Breakfast: Oatmeal with dried fruit and nuts, milk

Snack: Hummus and crackers

Lunch: Tortilla with cheese and shredded chicken, rolled up with sliced apples and milk

Snack: "Superhero Spinach" Smoothie (banana, frozen mango or pineapple, frozen spinach, Greek yogurt, milk of choice, chia seeds) with crackers

Dinner: Rice, ground beef, sauce, steamed vegetables

SAMPLE MENU

Breakfast: Banana, whole grain toast (cut into strips), peanut butter, whole milk

Snack: Greek yogurt, fruit, chia seeds

Lunch: Shredded chicken, pasta, sauce

Snack: Pear slices and homemade mini muffins

Dinner: Homemade chili, cheese, whole grain bread, whole milk

SNACK TIP

Combine 2-3 different food groups while varying the textures. For instance, pair apple slices with peanut butter, or mix eggs with shredded cheese.



A fed toddler is best, no matter the method. Trust yourself, you're doing great! Keep up the amazing work!