

FEEDING YOUR TODDLER (12-23 MONTHS)

DID YOU KNOW?

- A baby's brain doubles in size during the first year and triples to almost adult size by 36 months.
- Over 50% of calories eaten in a day are needed for brain growth.
- Whole milk provides important calories and nutrients for this time of rapid growth.



MILK MATTERS



Milk contains
13 ESSENTIAL NUTRIENTS
including:



Protein helps build muscle. **Calcium, vitamin D** and **phosphorus** help build strong bones and teeth.



B vitamins, like **B12** and **riboflavin**, help the body use food for energy.



Protein, zinc, selenium and **vitamins A** and **D** help support a healthy immune system.



Iodine supports healthy brain function in childhood.

MAKING EVERY BITE AND SIP COUNT

Keep it familiar - Introduce a new food with known foods during the same meal.

Patience pays off - It may take eight to ten times for toddlers to try a new food.



Build skills - Offer milk from a sippy-cup instead of a bottle to help toddlers transition to a regular cup.





















Trust their instincts - Toddlers know when they are full, so don't worry about them cleaning their plate.

Making a mess - It's all part of the learning process. Encourage toddlers to smell, feel and explore their food.

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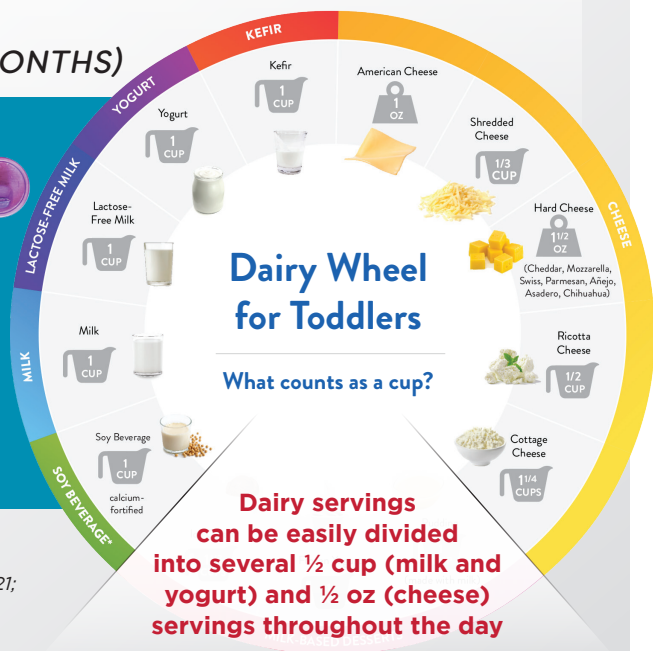
MEALTIME WITH YOUR LITTLE ONE (12-23 MONTHS)

Toddlers may eat more or less and that is okay. Offer foods from each food group spread throughout the day. **Amounts listed are for toddlers who are no longer consuming breastmilk or iron-fortified formula.*

DAIRY	FRUITS	VEGETABLES	GRAINS	PROTEIN
1½ - 2 CUPS DAILY	½ - 1 CUPS DAILY	¾ - 1 CUPS DAILY	1¼ OZ - 3 OZ DAILY	2 OZ DAILY
Cottage Cheese 	Banana 	Broccoli 	Bread 	Beans 
Shredded Cheese 	Raspberries 	Cauliflower 	Oatmeal 	Salmon 
Whole Milk 	Peaches 	Carrots 	Cooked Brown Rice 	Chicken 
Yogurt 	Kiwi 	Mushrooms 	Cooked Pasta 	Smooth Peanut Butter 

MEAL IDEAS FOR YOUR TODDLER (12-23 MONTHS)

BLUEBEAR-Y PANCAKE  pancake blueberries grapes cottage cheese	MAC & CHEESE  cheesy noodles blueberries strawberries	ENCHILADAS  rice beans chicken cheese	SPAGHETTI & MEATBALLS  spaghetti meatballs tomato sauce parmesan cheese
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References: U.S. Department of Agriculture MyPlate, Dietary Guidelines 2020; National Dairy Council, Toddlers 12-23 Months, 2021; Washington State Dairy Council, Mealtime with Your Little One

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