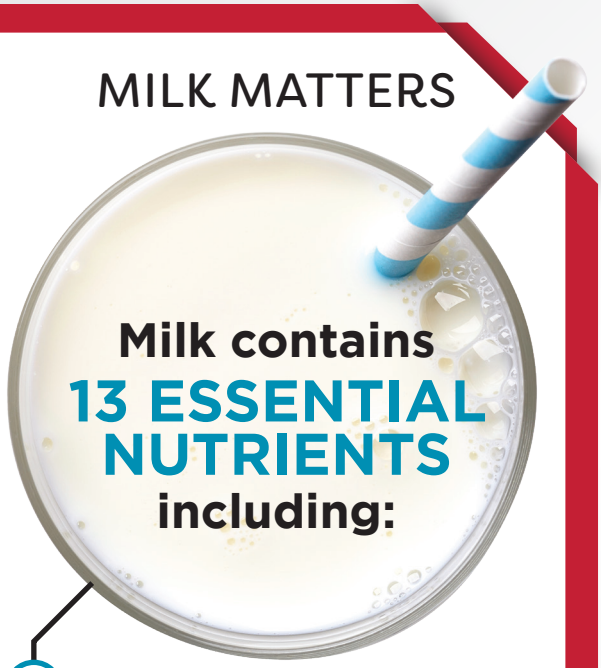
FEEDING YOUR TODDLER (12-23 MONTHS)

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
1⅔ – 2 CUPS DAILY	½ – 1 CUPS DAILY	⅔ – 1 CUPS DAILY	1¾ 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

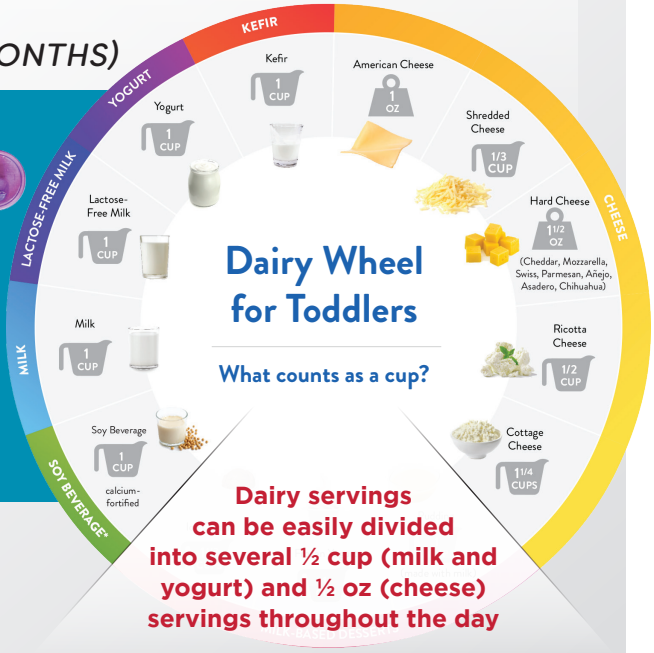
cheesy noodles
blueberries
strawberries

ENCHILADAS

rice
beans
chicken
cheese

SPAGHETTI & MEATBALLS

spaghetti
meatballs
tomato sauce
parmesan cheese



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