

# C-1 Feeding Your One Year Old



Happy Birthday and congratulations to you on one year of doing a great job! Toddlers should be off strained baby foods now. They eat well with their fingers and are able to drink from a cup without a lid. They like the foods the rest of the family eats. Be sure to cut food into small pieces and not add salt, sugar, or fat to their foods.

## Time to Get Your Toddler off the Bottle!

You may not want to see your toddler grow up, but it is easier to get him off the bottle now. If you wait too long, it may be very hard. Ask the WIC health professional for tips.

## Don't Force Your Toddler to Eat

It is normal for growth to slow at this time. Some days your toddler will eat less than other days. This is normal. Let your toddler be the guide.

- Offer small servings of healthy foods.
- Allow your toddler to learn by tasting, smelling, and touching their food.

## Choking is Very Scary

- Toddlers should sit down with an adult to eat at a table.
- Choking often happens when they lie down or run when eating.
- Hard and round foods can cause choking at this age.
- Cut cooked hot dogs and carrots long way first, so they are not round.
- Delay giving nuts, popcorn, and sticky foods.

## Helpful Hints

- Make snacks small and simple. A healthy choice can be a whole grain cracker or a bit of a ripe banana.
- Don't give junk foods like cheese puffs, fruit snacks, or chips.
- Give milk with meals and offer water at bedtime in an open cup. Water is a good thirst quencher.
- Use big bibs and plastic or newspaper on the floor. Small children make big messes.

Portion sizes may vary with tummy size!  
 Serve your toddler this much to start:

Food	Daily Servings	Serving Sizes
Bread Cereal, Rice, and Pasta	6	½ slice ¾ cup Use more whole grain products.
Fruit	2	¾ cup cooked; ½ cup fresh 2-4 ounces 100% juice
Vegetables	3	¾ cup cooked; ½ cup fresh 2-4 ounces 100% juice
Meat, Poultry, Fish, Dried Beans, Eggs	2	1 tablespoon ¾ cup cooked beans ½ egg
Milk, Yogurt, and Cheese	4	4 ounces or ¼ ounce cheese

Toddlers can continue to breastfeed!

## My Dinner Plate



**Ohio**  
 Department of Health

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