

## Enjoy Meals and Snacks Together



- Your child will be more likely to eat foods he sees you enjoying
- Try new foods with familiar ones
- Some foods may need to be offered many times before your child accepts it
- Let your child make a mess - he is exploring

## Healthy Snacks for Toddlers

### Your child knows when she's hungry or full

- You choose what foods and beverages to offer
- Let her decide how much to eat



### Kids do not need juice

- Offer whole fruit instead of juice

### Offer the same foods as the rest of the family

- This will help him explore new foods



### Offer milk and water in a lidless cup

- Once your child is age 1, offer about 2 cups of pasteurized homo milk (3.25% MF) each day
- Offering too much milk leaves little room for other healthy foods
- It is too early to give soy, almond, or rice milks as these do not have enough nutrition for your child's growing needs
- Offer water between meals and snacks



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## Food Safety



- Do not give children under 4 small, round, hard foods like hard candies, whole nuts, seeds, popcorn or gum
- Cut soft round foods like grapes in half lengthwise and then into smaller pieces
- Cook or grate hard vegetables
- Chop hard fruit into small pieces
- Spread nut butters thinly or mix with infant cereal to make them less sticky
- Do not give honey before age 1

NHCP Healthy Eating Team January 2014



## Healthy Snacks for Toddlers

- Offer 3 meals and 2-3 snacks each day
- Plan snacks 2-3 hours before a meal so your toddler is hungry at meal time
- Have 2 food groups at a snack



fruit and yogurt smoothie



veggies and cheese



mini bagel with cream cheese



fruit and milk

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