



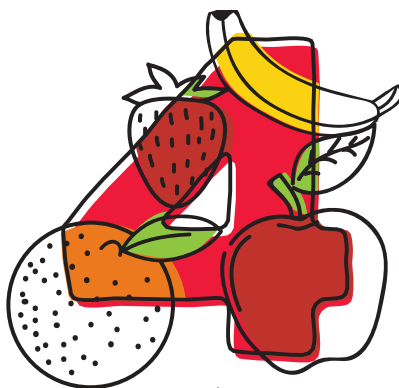
Healthy Eating
FOR
1 YEAR OLDS





DAILY Food Plan

Children can only eat a small amount at one time, so offer your child 3 meals and 2-3 snacks from the 5 food groups every day. Use this Food Plan as a general guide. Your child may need less or more. Children need more during growth spurts.



servings OF FRUIT

Fruit Serving Sizes

- 1/4 cup mashed or chopped fruit
- 1/4 cup 100% fruit juice*
- 1/4 small banana
- 1-2 medium strawberries

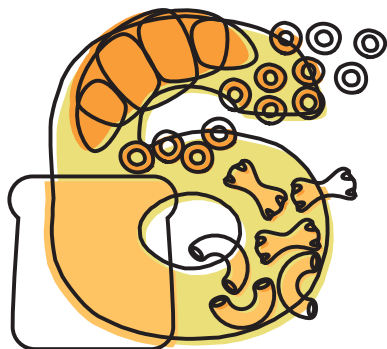
*No more than 1/2 cup juice a day.



servings OF VEGETABLES

Vegetable Serving Sizes

- 1/4 cup mashed or chopped cooked vegetables
- 1/4 cup tomato or vegetable juice

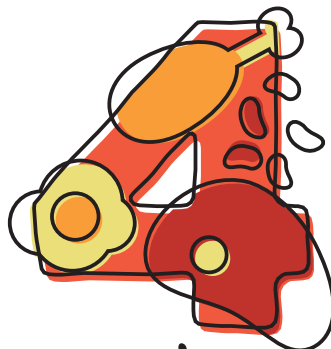


servings OF GRAINS

Grain Serving Sizes

- 1/2 slice bread or 1/2 small tortilla
- 1/4 cup cooked cereal, grits, rice, or noodles
- 1/2 cup dry cereal
- 2 or 3 small crackers

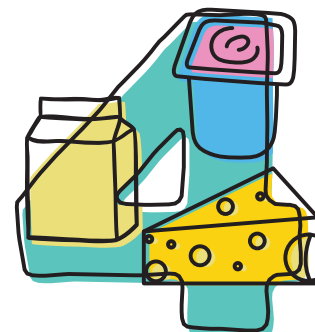
Make half your grains whole.



servings OF PROTEIN

Protein Serving Sizes

- 2 tablespoons lean meat, poultry, or fish
- 1/2 egg
- 1/2 tablespoon peanut butter
- 2 tablespoons beans or peas (kidney, pinto)

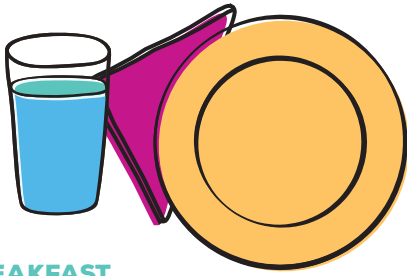


servings OF DAIRY

Dairy Serving Sizes

- 1/2 cup milk
- 1/2 cup yogurt
- 3/4 ounce (1 slice) cheese

WIC gives whole milk to children under 2 years old. It's what they need.



Sample MENU

BREAKFAST

½ scrambled egg
½ slice whole wheat toast
Breast milk or ½ cup whole milk

MORNING SNACK

½ cup WIC dry cereal
½ small chopped banana
A few ounces of water
from a cup

LUNCH

2 tablespoons mashed pinto beans
¼ cup brown rice
¼ cup cooked, chopped carrots
¼ cup chopped green beans
Breast milk or ½ cup whole milk

AFTERNOON SNACK

2 crackers
1 slice cheese
¼ cup WIC juice

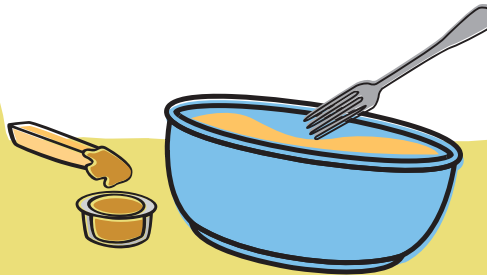
DINNER

2 tablespoons chopped chicken
½ cup mashed sweet potatoes
½ slice whole wheat bread
¼ cup applesauce
Breast milk or ½ cup whole milk

EVENING SNACK

1 graham cracker square
½ tablespoon peanut butter
A few ounces of water
from a cup

Let's COOK



French Toast Strips

1 egg
1 tablespoon milk
½ teaspoon cinnamon (optional)
½ teaspoon vanilla (optional)
1 slice whole grain bread
Vegetable cooking spray
1 tablespoon pancake syrup or jam

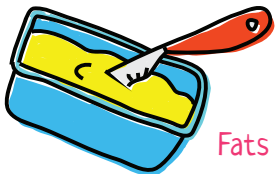
1. Preheat frying pan on medium-low heat.
2. Combine egg, milk, cinnamon and vanilla in a bowl. Mix well with fork.

3. Dip bread into egg/milk mixture. Make sure all of bread is covered.

4. Spray pan with cooking spray.

5. Place bread in heated pan. Brown lightly on both sides. Cut into strips. Cut into bite-sized pieces for younger children. Serve with syrup or jam on the side for dipping.

Makes 2 servings.



Fats & Oils

It's okay to use a little fat or oil in cooking and at the table. To protect your child from heart disease, use fats that come from plant sources (soft tub margarine, vegetable oils, mayonnaise, salad dressing) instead of fats that come from animal sources (fat back, salt pork, lard, bacon, bacon grease, butter).



Sweets

It's okay to use a little bit of sugar and a dessert a day. Don't let sweets take the place of foods your child needs from the 5 food groups. Make most desserts from the 5 food groups, such as fruit cobbler, pudding, cereal bar treats, and jello with fruit.



Young children should not eat Shark, Swordfish, King Mackerel, or Tilefish.

They contain enough mercury to hurt a young child's nervous system. They can eat up to 2 servings of a variety of other fish and shellfish a week. Limit Albacore (white) tuna to 1 of the 2 allowed servings. Pay attention to local advisories about the safety of fish caught in local lakes, rivers, and coastal areas.

Get your child on the path to

HEALTHY EATING.



Your child is a toddler now. Over the next year, he will change a lot. He eats more like a baby now. Soon he will eat more like you do. Some days your child will eat a lot. Other days he may not eat much at all. Toddlers act this way.

OFFER A VARIETY OF HEALTHY FOODS.

Let your child choose how much to eat. Remember this **IMPORTANT RULE**: You decide **WHAT** foods to offer, and **WHEN** and **WHERE** they will be offered. Let your child decide **WHAT** to eat from the foods offered, and **HOW MUCH** to eat.

INCLUDE YOUR CHILD IN FAMILY MEALS.

Put your child in a highchair at the table. Focus on the meal and each other. Turn off the TV and cell phone! Your child learns by watching you. Children are likely to copy your table manners, your food likes and dislikes, and your willingness to try new foods.

SERVE YOUR CHILD AT THE TABLE. Don't let children carry food and drinks around the house. Offer a meal or snack every 2 or 3 hours—try to have them around the same time each day. Don't give in when your child wants food in between these times. There will be another planned meal or snack soon.

LET CHILDREN FEED THEMSELVES. It may be a little messy, but it's how children learn. It's okay if they use their fingers. Let them practice with a spoon too.

SERVE YOUR CHILD MILK IN A CUP, NOT A BOTTLE. Drinking from a cup helps protect your child's nice new teeth. Two cups of milk a day are enough. When young children fill up on too much milk, they may not get the iron and other nutrients they

need. Offer only water to drink in a cup between meals and snacks.

OFFER SAFE FOODS.

- + Your child can try these foods now: cow's milk, whole eggs, and honey.
- + Cut your child's food into tiny pieces so he won't choke. Cut grapes in quarters. Cut hot dogs the long way.
- + Sit with your child at the table and watch him while he eats. He can't make noise if he chokes.

DON'T GIVE FOODS YOUR CHILD CAN CHOKE ON SUCH AS:

- + Raw hard vegetables
- + Nuts
- + Hard candy
- + Whole grapes
- + Hard round foods
- + Dried fruit unless soft cooked
- + Spoonfuls of peanut butter (*Spread thinly on a cracker or bread instead.*)
- + Whole hot dogs
- + Chunks of meat
- + Chips, popcorn

AVOID DRUGS, ALCOHOL, AND TOBACCO.

- + Don't smoke around your child. Children of smokers have more coughs, colds, and ear infections.
- + Don't use alcohol or drugs—they can harm you and your child and affect everyone in the family.
- + When breastfeeding, it's best to avoid cigarettes, alcohol, and drugs. Check with your doctor or clinic before taking any medicine.



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