

The Great Transition

(1 YEAR)



HOW TO GO FROM FEEDING YOUR BABY TO FEEDING YOUR TODDLER

As your baby turns one, you will start on a *whole new feeding adventure*. This process requires a great deal of optimism and stamina in order to avoid having a child who only eats “toddler fare.” Be assured—the investment is worth it!

This is your opportunity to really shape your child’s relationship with food and teach them that we eat to fuel our bodies. This can prevent a lifetime of future illnesses such as diabetes, high blood pressure, obesity, and even cancer.

SWITCHING TO MILK

- There is a huge shift from feeding a mostly liquid diet with some solids thrown in to a mostly solid diet with some liquid thrown in. Your child will only require 16-24 oz of whole cow’s milk. This should be given as 4 oz in a sippy cup while in the highchair for a meal. You should offer a sippy cup of water in between meals. This includes children who continue to breast feed.
- If your child cannot drink cow’s milk due to lactose intolerance, they can drink Lactaid milk. If they have a milk protein allergy, they can substitute with fortified and unsweetened soy milk or enriched pea milk products. These products have amounts of protein, fat, calcium, and Vitamin D similar to cow’s milk without added sugar.

- Other plant-based milks such as oat, almond, coconut, rice, hemp, and quinoa milk are not recommended for children less than 5 years. These products do not have the right nutrients for growing children, or they have added sugars and calories.
- This is a perfect time to switch from the bottle to the sippy cup. You can encourage your child by putting the milk only in a cup and not the bottle.

TIMING OF MEALS

Your child should sit in the highchair 5 times per day. Breakfast, snack, lunch, snack, dinner.

The reason for so many meals is that this age does not eat consistently at each meal. It may differ day by day as to which time in the highchair will be the best feeding.

For this reason, you want to make sure you offer healthy foods...even at the “snacks.”

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AMOUNT OF FOOD

Remember this mantra, “It is my job to provide the food and my child’s job to eat it.” This will help you set the right tone and avoid making mealtime a power struggle. Keep the mood light and fun.

You should not make your child eat. If they refuse a food you offer, do not replace it with a more preferred food. This will teach them to be picky and hold out for what they want. Although it can feel uncomfortable when they don’t eat, trust that they will eat the next time they have a meal. Again, this is why we feed them frequently during this year of life.

TYPE OF FOOD

You want to consider all of the food groups and offer a wide variety. You are laying the foundation for their lifelong food choices. Build that foundation on fruits, vegetables, protein, grains, and dairy. Your child’s developing brain also needs healthy fat.

The average toddler eats about 1000 calories per day. Try to choose foods that come directly from the earth. Avoid processed and packaged food as much as you can. They contain extra sugar and additives that can be harmful to developing bodies.

AVOID CHOKING HAZARDS

- ✕ Avoid foods that are too hard and too big such as nuts, hard candy, popcorn, hotdogs, whole grapes, whole carrots, and whole cherry tomatoes.
- ✕ Everything should be cut to the size of a “Cheerio” and cooked if needed to make it soft.
- ✕ Never leave your child alone while eating, even for a few seconds. This includes snacks in the car or stroller because you might not be able to get to them right away if they start choking.
- ✕ You should learn how to do the Heimlich maneuver to help someone who is choking.

MEAL PLANS

There are lots of resources online. Try [healthychildren.org](https://www.healthychildren.org), [doctoryum.org](https://www.doctoryum.org), [aap.org](https://www.aap.org), or [eatright.org](https://www.eatright.org).

SAMPLE MENU

BREAKFAST

- ½ cup iron-fortified breakfast cereal or 1 cooked egg
- ½ cup whole or 2% milk
- ½ banana, sliced
- 2 to 3 large, sliced strawberries

SNACK

- 1 slice toast or whole-wheat muffin with 1–2 tablespoons cream cheese or peanut butter, or ½ cup yogurt with cut-up fruit
- Water or ½ cup whole or 2% milk

LUNCH

- ½ sandwich: sliced turkey or chicken, tuna, egg salad, or peanut butter
- ½ cup cooked green vegetables
- ½ cup whole or 2% milk

SNACK

- 1 to 2 ounces cubed or string cheese, or 2 to 3 tablespoons fruit or berries
- Water or ½ cup whole or 2% milk

DINNER

- 2 to 3 ounces cooked meat, ground or diced
- ½ cup cooked yellow or orange vegetables
- ½ cup whole-grain pasta, rice, or potato
- ½ cup whole or 2% milk

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