



Toddlers 12 to 24 months

I'm a healthy eater

Trust Me, Trust My Tummy

At 12 months of age, I am ready for a meal and snack routine

- I need 3 meals and 2 to 3 snacks each day
- From the foods you serve, let me choose:
 - whether to eat
 - what to eat
 - how much to eat
- Continue to breastfeed me for as long as we both want
- If I drink formula, now I can transition to whole cow's milk
- Always offer me whole cow's milk from an open cup
- I like coloured, child-sized plates, cups and utensils

I need iron-rich foods every day

- Iron is important for my brain development
- Foods rich in iron include meat, fish, poultry, eggs, tofu, beans, lentils and hummus
- Vitamin C in foods like vegetables and fruits helps with iron absorption



You are my role model

- I am more likely to eat food if I help you prepare it
- I learn about food by doing simple tasks like washing vegetables or mashing potatoes
- Don't worry about the mess when I help you in the kitchen
- I can eat whatever you eat, but offer me smaller portions and foods that are easy for me to chew
- Turn off all electronics (e.g., TV, cell phone) and put toys away at mealtimes
- Sit, talk and eat with me

I can drink from an open cup

- Give me tap water whenever I am thirsty
- Offer me 500 mL of whole milk or soy formula daily
- I don't need juices or other drinks



My baby teeth are important

- Remember to brush my teeth using a small, soft toothbrush moistened only with water
- Brush my teeth at least 2 times a day for 2 minutes each time, especially before bed
- I'm ready for my first dental visit by one year of age



I need a **variety** of foods including vegetables and fruits, whole grain foods, and protein foods

Mix and match foods according to these healthy eating patterns to make a meal or snack.
See the examples below for food ideas:

Meal Pattern

Vegetables and fruits



2 choices



Whole grain foods



1 choice



Protein foods



1 choice



125 mL milk

Snack Pattern

Vegetables and fruits



1 choice



Whole grain foods



1 choice

or

Vegetables and fruits



1 choice



Protein foods



1 choice

Use herbs and spices to flavour my foods instead of sugar and salt

Vegetables and fruits

- orange vegetables such as sweet potatoes, carrots, pumpkins, squash
- green vegetables such as broccoli, green peas, asparagus
- cooked leafy greens, such as kale, spinach, chard
- soups made with turnips, potatoes, cauliflower, onions
- stir-fries made with peppers, mushrooms, eggplants, garlic
- salads made with fruits, such as mangoes, bananas, apricots, pears
- cantaloupes, watermelons, papayas, berries, plums, oranges, avocados, seedless grapes (cut into quarters)

Whole grain foods

- bannock, chapatti, roti, bagels, breads, crackers, naans, pitas, tortillas, whole grain cereals, English muffins
- whole grain pancakes, muffins, waffles, oatmeal, pasta
- wild or whole grain rice
- couscous, quinoa, bulgur, barley, millet, buckwheat, amaranth, triticale berries

Protein foods

Calcium-rich

- whole milk (3.25% M.F.) or soy formula
- full-fat cheese
- paneer
- full-fat yogurt/dahi
- full-fat kefir
- foods made with whole milk, such as cream soups, oatmeal, puddings, custards

Iron-rich

- chicken, turkey, lamb, beef, veal, pork, wild game
- low-mercury fish
- egg, tofu, soft-cooked edamame
- soft-cooked navy beans, lentils, dahl, chickpeas
- hummus, black bean dip
- smooth peanut butter, nut and seed butters (spread thinly on toast)

Some foods are **not safe** for me because they can cause choking:

- Hard, small and round foods (e.g., nuts, popcorn, seeds, whole grapes)
- Sticky foods from a spoon (e.g., nut and seed butters)

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HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729

durham.ca/health

Dial 311 (within regional limits)

If you require this information in an accessible format, contact 1-800-841-2729.



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