

# 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

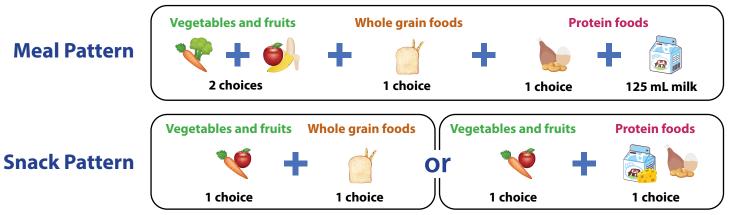
 Brush my teeth at least 2 times a day for 2 minutes each time, especially before bed

 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:



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

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Dial 311 (within regional limits)









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