You are your child’s best teacher. Here are some tips to teach your child good eating habits:

- Eat a variety of healthy foods at meal and snack times.
- Shop for healthy foods with your child. Let your child pick out a fruit or vegetable.
- Make mealtime family time. Turn off the TV, tablet, and phone. Focus on the meal and each other.
- Have fun in the kitchen. Your child can help cut food into fun and easy shapes with cookie cutters.
- Be active together. Hop, skip, jump, run, and have fun playing.

Building a healthy plate

Your child’s stomach is small, so his or her meals will be too. A child’s portion size is about a tablespoon of food per year of age for each of the foods on his or her plate. Let your child ask for more if he or she is still hungry.

Learning to eat new foods

Your child is learning how foods look, feel, taste, and smell. He or she is also learning how to use a cup and spoon. It’s a messy process. Be patient with your child as he or she learns to eat.

Your child’s job is to choose how much of those foods to eat.

A severe food allergy can be life-threatening. Talk with your child’s doctor or nurse if you are worried about a food allergy. The only way to prevent a food allergy reaction is to avoid that food and foods that contain it.

Start healthy habits early.

Avoid food battles by trying these tips:

- Use phrases, such as, “We can try these vegetables another time. Everybody likes different foods, don’t they?”
- Let everyone decide what and how much to eat from what you provide for the meal.
- Offer a variety of healthy food choices and include one or two foods that each person likes.

Snacks are a good way to introduce new foods. Snacks are little meals, not handouts or treats. Reward your child with your love and attention, not food. To give your child energy, he or she needs to eat about every two or three hours.

Your job is to provide a variety of healthy foods. Keep your family’s food safe.

Here are some tips to keep the food your family eats as safe as possible:

- Wash your hands with soap and warm water for 20 seconds before and after you handle food.
- Before your child eats, make sure he or she washes hands with soap and warm water for 20 seconds (the time it takes to sing the ABC song).
- Rinse fruits and vegetables with running tap water before you serve them.
- Keep raw meat, poultry (such as chicken and turkey), and seafood away from foods that won’t be cooked, such as fresh vegetables or fruit.
- Always wash cutting boards, dishes, and utensils (such as knives, forks, and spatulas) after they touch raw meat, poultry, eggs, or seafood.
- Use BPA-free or glass, stainless steel, or ceramic food and drink containers to store, heat, or serve food.

For more information on food safety:

Visit: www.fsis.usda.gov

For help finding nutrition resources:

WithinReach Family Health Hotline 1-800-322-2588 or www.ParentHelp123.org

This publication was made possible, in part, by cooperative agreement #IP000762 from the Centers for Disease Control and Prevention. If you have a disability and need this document in a different format, please call 1-800-322-2588 (TTY Relay).

©2019 by Child Profile 325-0044E DOH 548-114 February 2019

Feeding Your Child

18 MONTHS TO 3 YEARS

For more information on food safety:

Visit: www.fsis.usda.gov

For help finding nutrition resources:

WithinReach Family Health Hotline 1-800-322-2588 or www.ParentHelp123.org

Growth is a measure of good health.

Growth depends mostly on genes and good nutrition. Your child may grow more some months than others. During growth spurts he or she will usually eat more. Regular well-child checkups are important. If you are concerned about your child’s growth, talk with his or her doctor or nurse.

A healthy child:
- Has energy to play.
- Sleeps well.
- Enjoys a variety of healthy foods.
- Feels good about his or her body.

WithinReach Family Health Hotline 1-800-322-2588 or www.ParentHelp123.org
You are your child’s best teacher. Here are some tips to teach your child good eating habits:

1. Eat a variety of healthy foods at meal and snack times.
   - Shop for healthy foods with your child. Let your child pick out a fruit or vegetable.
   - Make mealtime family time. Turn off the TV, tablet, and phone. Focus on the meal and each other.
   - Have fun in the kitchen. Your child can help cut food into fun and easy shapes with cookie cutters.
   - Be active together. Hug, skip, jump, run, and have fun playing.

2. Build a healthy plate.
   - Your child’s stomach is small, so his or her meals will be, too. A child’s portion size is about a tablespoon of food per year of age for each of the foods on his or her plate. Let your child ask for more if he or she is still hungry.
   - Avoid food battles by trying these tips:
     - Use phrases, such as, “We can try these vegetables again another time.” Everybody likes different foods, don’t they?
     - Let everyone decide what and how much to eat from what you provide for the meal.
     - Offer a variety of healthy food choices and include one or two foods that each person likes.

3. Learning to eat new foods.
   - Your child is learning how foods look, feel, taste, and smell. He or she is also learning how to use a cup and spoon. It’s a messy process. Be patient with your child as he or she learns to eat.

4. Start healthy habits early.
   - Avoid food allergy can be life threatening. A severe food allergy can be life threatening. Talk with your child’s doctor or nurse if you are worried about a food allergy. The only way to prevent a food allergy reaction is to avoid that food and foods that contain it.

5.建 a healthy plate.
   - Your child’s job is to choose how much of those foods to eat. Your child’s job is to choose how much of those foods to eat.

6. Keep your family’s food safe.
   - Wash your hands with soap and warm water for 20 seconds before and after you handle food.
   - Before your child eats, make sure he or she washes hands with soap and warm water for 20 seconds (the time it takes to sing the ABC song).
   - Rinse fruits and vegetables with running tap water before you serve them.
   - Keep raw meat, poultry (such as chicken and turkey), and seafood away from foods that won’t be cooked, such as fresh vegetables or fruit.
   - Always wash cutting boards, dishes, and utensils (such as knives, forks, and spatulas) after they touch raw meat, poultry, eggs, or seafood.
   - Use BPA-free or glass, stainless steel, or ceramic food and drink containers to store, heat, or serve food.

7. Growth depends mostly on genes and good nutrition.
   - Your child may grow more some months than others. During growth spurts he or she will usually eat more. Regular well-child checkups are important. If you are concerned about your child’s growth, talk with his or her doctor or nurse.

Every child develops in his or her own way. Celebrate the positive ways your child grows and learns! Child Profile is a program of the Washington State Department of Health. This publication was made possible, in part, by cooperative agreement #IP000762 from the Centers for Disease Control and Prevention. If you have a disability and need this document in a different format, please call 1-800-322-2588 (711 TTY relay).
Help your child learn to love a variety of foods!

How can I help my child learn to like fruits and vegetables? ★ ★ ★

Make eating fruits and vegetables fun. Here are some tips:

- While shopping for food, encourage your child to choose a new fruit or vegetable to try each week.
- Offer a colorful rainbow of food choices: red, orange, blue, dark green, and yellow.
- Let your child help prepare meals. Ask him or her to wipe off the counter, wash fruits and vegetables, or stir ingredients. Your child may be more willing to try foods if he or she helped make them.

Here are some other things to keep in mind:

- Your child is eating enough if he or she:
  - Drinks at least 1 ounce of milk per day.
  - Drinks less than half a cup (four ounces) of canned fruits. Limit fruit juice to no more than half a cup (four ounces) a day.
  - Has plenty of energy and is growing.
  - Is not hungry if he or she drinks too much juice, sweet drinks, and milk during the day.
  - Has plenty of energy and is growing.

Here are some other tips to prevent choking:

- Have your child sit down when eating.
- Slice hotdogs into small pieces.
- Make sure toys don’t have small parts or other potential choking hazards.
- Keep an eye on small game pieces.

How do I know if my child is eating enough? ★ ★ ★

Your child is eating enough if he or she:

- Has plenty of energy and is growing.
- Drinks at least 1 ounce of milk per day.
- Drinks less than half a cup (four ounces) of canned fruits. Limit fruit juice to no more than half a cup (four ounces) a day.
- Has plenty of energy and is growing.

Here are some other things to keep in mind:

- Children may eat more on some days than others.
- Start with small servings and give your child more if he or she wants it.
- Your child may not be hungry if he or she drinks too much juice, sweet drinks, and milk during the day.
- If you breastfeed, that’s great! Breastfeeding comforts your child and provides good nutrition.

How can I prevent my child from choking? ★ ★ ★

Have your child sit down to eat and supervise him or her while playing.

Keep these foods away from children younger than four years:

- Nuts
- Round, hard candies
- Popcorn

Make learning CPR a top priority.

Menu ideas for your child

Children’s calorie needs vary. Here are some daily food plan ideas. Your child may need to eat more or less than these sample plans.

Breakfast:
- ½ cup grains
- ½ cup fruit
- ½ cup dairy*

Morning Snack:
- ½ cup fruit
- ½ cup vegetable
- ½ cup fruit
- 1 ounce protein
- ½ cup dairy*

Lunch:
- ½ cup grains
- ½ cup vegetable
- ½ cup fruit
- ½ cup dairy*

Afternoon Snack:
- ½ cup vegetables
- ½ cup fruit
- 1 ounce protein
- ½ cup dairy*

Dinner:
- ½ to 1 cup grains
- ½ cup fruit
- 1 ounce protein
- ½ cup dairy*

Here are some other potential choking hazards:

- Make sure toys don’t have small parts or other potential choking hazards.
- Keep an eye on small game pieces.

How do I know if my child is eating enough? ★ ★ ★

Your child is eating enough if he or she:

- Drinks at least 1 ounce of milk per day.
- Drinks less than half a cup (four ounces) of canned fruits. Limit fruit juice to no more than half a cup (four ounces) a day.
- Has plenty of energy and is growing.
- Is not hungry if he or she drinks too much juice, sweet drinks, and milk during the day.
- Has plenty of energy and is growing.

Here are some other things to keep in mind:

- Children may eat more on some days than others.
- Start with small servings and give your child more if he or she wants it.
- Your child may not be hungry if he or she drinks too much juice, sweet drinks, and milk during the day.
- If you breastfeed, that’s great! Breastfeeding comforts your child and provides good nutrition.

Here are some other tips to prevent choking:

- Have your child sit down when eating.
- Slice hotdogs into small pieces.
- Make sure toys don’t have small parts or other potential choking hazards.
- Keep an eye on small game pieces.

Vegetables

Offer four or more servings every day.

Offer a colorful rainbow of vegetables.

How much is a serving size of vegetables?
- ¼ cup dark leafy greens
- ¼ cup mashed sweet potato
- ¼ small ear of corn
- ¼ cup sliced bell peppers

Fruits

Offer four or more servings every day.

Offer a variety of fruit.

How much is a serving size of fruit?
- 1 small apple
- ½ cup banana
- ½ cup strawberries
- ½ cup pears

Protein

Offer two servings every day.

Offer a variety of lean meats.

How much is a serving size of protein?
- 1 ounce cooked chicken, fish, or turkey
- 1 small egg
- 4 tablespoons cooked beans (such as chickpeas, kidney, pinto, or white beans)
- ¼ cup (about 2 ounces) tofu

Grains

Offer five or six servings every day.

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Whole grains provide the most fiber, vitamins, and minerals. Try to make half of the grains you offer whole grains.

How much is a serving size of grains?
- ½ slice bread or tortilla
- ¼ to ½ cup cooked pasta or rice
- ¼ to ½ cup dry cereal

Dairy

Offer four servings every day.

Until your child is two, he or she needs the fat in whole milk for growth and energy. After that, offer low-fat or fat-free milk. If your child has trouble drinking milk, talk to your doctor or nurse.

How much is a serving size of dairy?
- ¼ cup yogurt
- ¼ cup reduced-fat or low-fat shredded cheese
- ¼ cup cottage cheese
- ¼ cup pudding made with milk

Read food labels.

Limit foods high in fat, sugar, and sodium.

Offer foods rich in other nutrients.

For more nutrition information, visit www.choosemyplate.gov/children.