

Feeding Frenzy:

A Guide for Infant and Toddler Nutrition



There are lots of things to remember when it comes to feeding your child! Keep the **GAP** in mind to help solve your feeding troubles!

Growth rate slows

Always remember: your child is watching you

Partnership is key



The Feeding Partnership:

- The **parent** is responsible for *what*, *when*, and *where* food is served.
- The **child** is responsible for *whether* they eat, and *how much* they eat.

Toddler Tango, Choices: Steps Towards Health developed by UMass Extension Nutrition Education Program.

How Much Food Does My Child Need?

There are no MyPlate guidelines for **infants**. Use this table as a reference.

4-6 months	6-8 months	8-12 months
<ul style="list-style-type: none"> ▪ Can swallow pureed foods. <ul style="list-style-type: none"> ➤ early introduction of lumpy foods may cause choking. ▪ 1-2 T of each food per day: <ul style="list-style-type: none"> ➤ iron-fortified infant cereals ➤ strained or pureed cooked vegetables ➤ fruits ➤ meats, egg yolk, and legumes 	<ul style="list-style-type: none"> ▪ Can swallow very soft, lumpy foods. ▪ 4-6 T per day of iron-fortified infant cereals ▪ 3-4 T per day of strained or pureed cooked vegetables ▪ 3-4 T per day of fruits ▪ 1-2 T per day of meats, egg yolk, and legumes 	<ul style="list-style-type: none"> ▪ Can eat soft mashed foods. ▪ 4-6 T per day of iron-fortified infant cereals or hot cereals ▪ 3-4 T per day of plain pureed, mashed, or chopped cooked vegetables ▪ 3-4 T per day of fruits ▪ 1-3 T per day of pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed legumes

<http://wicworks.nal.usda.gov/wicworks/Topics/infantfeedingtipsheet.pdf>

MyPlate Guidelines for Toddlers:

Food Group	2 years	3 years	4-5 years	Example Servings
Fruits	1 cup	1 - 1 ½ cups	1 - 1 ½ cups	½ cup sliced fruit; 4 oz 100% juice
Vegetables	1 cup	1 ½ cups	1 ½ - 2 cups	½ cup vegetables; 1 cup leafy greens
Grains	3 ounces	4 - 5 ounces	4 - 5 ounces	1 slice bread; 1 cup cereal
Protein	2 ounces	3 - 4 ounces	3 - 5 ounces	1 T peanut butter; 1 ounce meat
Dairy	2 cups	2 ½ cups	2 ½ cups	½ cup milk; 4 ounces yogurt



<http://www.choosemyplate.gov/preschoolers/HealthyEatingForPreschoolers-MiniPoster.pdf>

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