

Foods	1+ Years	2+ Years	3+ Years	Food Suggestions	Nutrients (Why It's Needed)
Dairy	16-24 oz. per day (milk or breast milk)	2 cups per day	2 cups per day	Small squares of soft cheese, cottage cheese (can add fruit), yogurt.	Calcium and vitamin D: strong bones and teeth
Grains	1-3 oz. per day	3 oz. per day	4-5 oz. per day	Lightly buttered toast, cold cereals (avoid sugar coated, honey coated, chocolate flavored), hot cereals, cooked pasta.	Iron: helps blood carry oxygen to cells Fiber: prevents constipation
Fruits	.5-1 cup per day	1 cup per day	1-1.5 cups per day	Peeled apples, pears, oranges, or peaches. Chopped strawberries, blueberries, grapes (seedless). Seedless watermelon.	Vitamin A, C: supports vision, strengthens immune system, aids in iron absorption
Vegetables	.5-1 cup per day	1 cup per day	1.5 cups per day	Cooked carrots, sweet potatoes, peas, mashed potatoes, green beans, broccoli or asparagus. Ripe avocado, cut up lettuce, cherry tomatoes (chopped), cauliflower.	Iron, vitamin A, C, fiber
Meats	1-2 oz. per day	2 oz. per day	3-5 oz. per day	Small meatballs, hamburger, diced chicken or turkey, tuna, ham, lunch meats, fish without bones.	Protein: supports growth and development Choline: supports brain development
Tips	<p>Make sure foods are easily chewable, chop or mash if necessary.</p> <p>12-18 months: trying utensils in various ways, able to lift sippy cup backwards and with both hands, more independent eating.</p> <p>Use of a bottle should be weaned off shortly after first birthday.</p>	19-24 months: varied eating habits, may hesitate with new foods (keep trying), no longer need highchair, can begin booster seat.	Milk and water are the healthiest drink choices. If you offer juice, limit it to 4-6 ounces a day of 100% juice. Juice should not be given in a bottle or at bedtime.	<p>Picky eaters: introduce a variety of foods multiple times, in multiple ways. Toddlers are still developing their tastes and adjusting to various textures and flavors.</p> <p>There are no restrictions on what foods your child can eat now.</p>	Attempt different approaches with food and help them begin to develop making their own healthy choices.

Monitor the new foods that you introduce and take your time with each new food, paying special attention to any possible allergic reaction. Consult your pediatrician's office if you have questions or concerns regarding common food allergens.

Use the chart as a guide, but trust your own judgment and a toddler's cues to tell if he or she is satisfied and getting adequate nutrition. Try to provide a wide variety of nutrients in your child's diet.