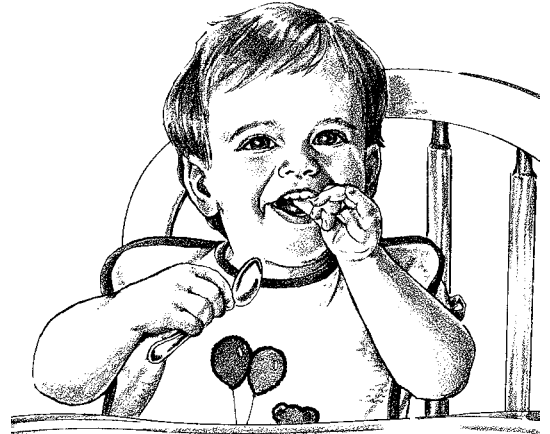


Feeding Your One-Year-Old

There is more to feeding a toddler than putting food in his or her mouth. In addition to providing nutrients for growth and energy, feeding should create an atmosphere that is pleasant, secure and loving. How and what you feed your child now establishes habits that will remain with your child throughout life.



How Much Should My Child Eat?

No one food contains all of the nutrients needed for a child's growth. For this reason, children should eat a variety of lightly seasoned foods from each food group daily.

Your Child Should Eat:

6 Servings of Dairy products—

Avoid giving more than 32 ounces of milk
This will fill your baby and he may not have room to eat other needed foods.

4 Servings of Bread and Cereal—

2 Servings of Protein—

4 Servings of Fruits/Vegetables—

Give your child 1 serving of fruit, vegetable or juice high in vitamin C, such as cantaloupe, broccoli, orange, grapefruit or apple juice with added vitamin C.

A Serving Is:

½ cup milk
1 ounce cheese
½ cup yogurt

½ slice bread, ½ cup cold cereal,
¼ cup hot cereal, ¼ cup rice, pasta, potato

1 ounce cooked meat, fish, poultry, ¼ cup
cooked beans, 2 tablespoons peanut butter

⅓ cup cooked fruit or vegetable or
¼ cup juice

The serving sizes given are only guides. Your child may eat larger or smaller portions, but should have the number of servings recommended from each food group to get necessary nutrients.

What About Snacks?

Snacks are an important part of a child's diet. Most young children cannot eat enough food in three meals to meet their daily needs. Plan snacks as part of the day's menu to add needed nutrients. Limit foods high in fat, sugar and salt, such as chips, candy and pop. These foods will make your child feel full and take away appetite for important foods. Here are some snack ideas:

Milk	Pudding and custards
Canned fruit well drained and cut into small pieces	Yogurt and frozen yogurt sticks
Fruit juice—limit to 4 ounces per day	Cheese cubes
Pieces of soft fruit such as banana and ripe melon	Cottage cheese
Crackers with peanut butter or cheese	Whole wheat toast strips
Dry unsweetened cereal like Cheerios or Kix	Cereal and milk
Hard cooked eggs, sliced or quartered	Junior meats on toast or crackers
Frozen fruit juice pops	Pieces of tuna
	Fish sticks
	Canned or cooked carrots or beans

Encourage your child to drink water. Do not add sugar, honey, corn syrup, Kool-aid, Jell-O or pop. Sugar and sweet foods cause tooth decay and dull the appetite.

Hints For Feeding One-Year-Olds

- Your child may eat less now that he is one year old. It is normal for weight gain and growth to slow down.
- Your child will refuse foods often. That is his way of indicating his likes and dislikes and of satisfying his growing need to be independent.
- Offer small, bite-size servings. If your child wants more, she'll ask for more. Introduce new food at the beginning of the meal.
- Let her feed herself as soon as she can. She may be very messy at first so protect the floor with newspapers or plastic. It will be a while before she can manage utensils so she will use her fingers.
- Use plastic cups small enough to grasp or ones with handles. Fill cup only half way.
- Use a chair, spoon, fork and plate suitable for your child's size. Offer food only when your child is seated upright. Discourage eating while walking and playing.
- Do NOT offer raw vegetables or hard raw fruits of any kind because baby may choke. Also avoid popcorn, whole grapes, dried fruits, "globs" of peanut butter, raisins, nuts, chips and hotdogs. Share mealtime with your child, as he likes to eat with the family, too.
- Do not offer food as a reward or withhold it as punishment and do not nag your child during meals.
- As children learn to explore they will eat anything, so keep dangerous things out of reach.

For more information, contact



Tri-County Health Department

Serving Adams, Arapahoe and Douglas Counties

Aurora—Chambers

15400 E. 14th Pl., Ste. 309
Aurora, CO 80011
303/341-9370

Aurora—Iliff

15559 E. Iliff Ave.
Aurora, CO 80013
303/745-5858

Brighton

1295 E. Bridge St., #102
Brighton, CO 80601
303/659-2335

Commerce City

4201 E. 72nd Ave.
Commerce City, CO 80222
303/288-6816

Northglenn

10190 Bannock St., Ste. 100
Northglenn, CO 80262
303/452-9547

Aurora—Havana

10330 E. Colfax Ave.
Aurora, CO 80010
303/361-6010

Bellevue—Administration

7000 E. Belleview Ave., #301
Greenwood Village, CO 80111
303/220-9200

Castle Rock

101 Third St.
Castle Rock, CO 80104
303/663-7650

Englewood

4857 S. Broadway
Englewood, CO 80110
303/761-1340

Pecos

7290 Samuel Dr., Ste. 130
Denver, CO 80221
303/426-5232