

NUTRITION: CONCEPTS AND FACTS

- 1) After the first year, your child's growth slows down considerably.
- 2) Your child needs fewer calories after the first year.
- 3) Children "streak eat".
- 4) Babies are born with a natural preference for things sweet and a resistance to things sour.
- 5) Children are wary of new foods.
- 6) Young children usually eat only one and a half to two meals per day.
- 7) A child's appetite for food seems to decline as the day goes on.
- 8) Not everyone loves to eat.

Rid yourself of the "clean your plate mentality".

Children usually stop eating when they are full. Reinforcing children's ability to stop eating when they are full helps them learn to set limits for themselves.



How many calories do toddlers need each day?

- According to the American Academy of Pediatrics (AAP), toddlers need 1000 calories/day to achieve the nutritional needs for growth and energy (i.e., 3 meals and 2 snacks each day)

What should toddlers eat?

- 2-3 servings of meat, fish, poultry, eggs each day
- 3 servings (2 cups of milk) of dairy each day
- 3 servings each of fruits and vegetables each day
- 6 servings of cereal grains, potatoes, rice, breads, pasta each day

How to help develop good eating habits?

- encourage trying new foods
- model healthy eating by making good food choices
- maintain regular meal times
- sit and eat together as a family (remove distractions such as television) and focus on each other
- discourage bringing toys to the table
- be mindful of highly flavored or spicy foods and your children's palate
- consider avoiding foods that are overly salted, buttered or sugared to decrease development of unhealthy taste for such food