

# DIET GUIDELINES/IDEAS FOR FINICKY TODDLERS

All good intentions aside, your bright, smiling, cheerful toddler might turn into the King or Queen of "no" when it comes to eating. Don't make food a battleground. Your little one might only eat one "good" meal per day. The guidelines below are averaged over one week of eating. You can usually assure your child (age 1 -3) of a well balanced diet by offering a variety of nutritious meals and snacks from the four basic food groups. Try to relax and you'll all end up winners in the food game! Call the Parent Advice Line (PAL), part of OneCall for Health (251-1000) for other tips on feeding finicky toddlers.

**FRUITS & VEGETABLES** — 1 serving =4 oz. 1/2 cup raw or cooked vegetables

- 1 cup leafy raw vegetables
- 1 whole fruit
- 1/2 grapefruit

\*Limit juice to 4 oz/day

**MILK** —1 serving = any one of the following 1

- cup whole milk
- 1 cup yogurt
- 1 1/2 oz. cheese
- 1 1/2 cups ice cream

**GRAINS** —1 serving = any one of the following

- 1 slice bread
- 1/2 hamburger bun
- 3-4 small crackers
- 1/2 cup cooked cereal/
- 1 oz. ready-to-eat cereal
- 1/2 cup rice 1/2 cup pasta

\*\***MEAT** — 1 serving = any one of following

- 1 oz. cooked meat, fish, or poultry
- 1 egg
- 1/2 cup cooked dried peas or beans
- 2 Tbsp. peanut butter (spread on bread or crackers)

\*\*Use low fat meats, especially turkey.

