Mississippi State Department of Health

WIC — Women, Infants & Children Program

Feeding Your Toddler

1–2 Years

Tips for good health:

- Limit your child's intake of foods like candy, Kool-Aid, and cakes. These foods are mainly fat or sugar.
- Children eat more on some days than others. Think about the foods your child eats over several days to see if his diet is balanced and healthy.
- Set a good example. Eat well and be active. Children learn by what they see.
- You decide the foods to serve, and your child decides how much to eat. In other words, do not force your child to eat all of the food he is served at a meal.
- Children <4 years of age can choke on foods like hot dogs, raisins, popcorn, raw carrots, and grapes. Avoid these types of foods or cut into very small pieces.

Prevent Tooth Decay

- Toddlers should stop drinking from a bottle around 1 year of age. **Breastfeeding is healthy and should continue for as long as mom and baby wish.
- Let your child practice drinking from a cup. Remember, spills are normal!
- Offer your child water during the day when she is thirsty between meal times. Do not let your child sip juice, milk, Kool-Aid, colas, or sweet tea between meals or at bedtime.

Immunizations

Children need another set of shots at around 1 year of age. Bring your child's shot card to each WIC visit.

For more information about WIC, stop by your local health department or call the Mississippi WIC State Office at 1-800-545-6747.

Sample Menu Start with small servings. Give 1 tablespoon of each food per year of age. For example, if your child is 2 years old, start with 2 tablespoons of vegetables and 2 tablespoons of fruit. Let your child ask for more.

1. Breakfast
- ½ cup whole grain cereal
- ½ cup whole milk (low-fat/skim milk for kids >2 yrs.)
- ¼ banana, chopped

2. Snack
- 2-3 graham crackers
- ½ cup 100% juice

3. Lunch
- ½ turkey and cheese sandwich on wheat bread
- ¼ cup green beans
- ¼ cup corn
- ½ cup milk

4. Snack
- ½ cup milk
- ¼ cup apple sauce

5. Supper
- 1 chicken leg, meat chopped
- ¼ cup cooked carrots
- ¼ cup cooked broccoli
- ¼ cup noodles
- ½ cup milk

Offer 3 meals and 2–3 snacks to your child each day.

Total amounts of foods served during the day should add up to:

Bread/Grains	Vegetables	Fruits	Milk	Meat/Beans
3 ounces	1 cup	1 cup	2 cups	2 ounces

What counts as 1 ounce (oz.) of grains?

- 1 slice of bread
- ½ cup cooked rice, pasta, or oatmeal
- 1 cup ready-to-eat cereal
- 5–7 crackers
- 1–6 in. tortilla

What counts as ¼ cup serving of vegetables?

- ¼ cup cooked vegetables
- ¼ cup vegetable juice (ex. tomato juice)
- ¼ cup leafy greens
- 1 small ear of corn

What counts as ¼ cup serving of fruits?

- ½ cup 100% fruit juice
- ¼ cup chopped fruit
- ¼ cup applesauce
- ¼ cup sliced grapes
- ¼ cup sliced bananas

What counts as ½ cup serving of milk?

- ½ cup of milk
- ½ cup yogurt
- 1 slice of cheese

What counts as 1 ounce of meat/protein?

- 1 oz. cooked meat or fish
- ½ hamburger patty
- 1 small chicken leg
- ¼ cup cooked beans or peas
- 1 tablespoon peanut butter

MISSISSIPPI STATE DEPARTMENT OF HEALTH

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loving support makes breastfeeding work

MISSISSIPPI WIC Women, Infants and Children

As a breastfeeding mom, you will get lots of support and help from WIC. To learn more, call your local WIC clinic or **1-800-545-6747**.

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