

C-3 Feeding Your 2 Year Old



Feeding your two year old can be tough. Here are some ideas that may help.

Meal Times

Two year olds do not eat a lot, so just give a little bit of food at each meal. You can always give more food if your child wants it.

- Don't get into fights about food.
- You shouldn't force your child to eat.
- Don't bribe or reward with junk food.
- Eat the same foods with your child at mealtime.
- Turn off the TV and talk.

Sometimes your child may be too busy to stop and eat. Have a quiet time before meals. How about coloring on paper and then washing hands before meals?

Snacks

Snacks should be like little meals for your two-year-old.

- cheese and crackers
- cereal and milk
- yogurt and fruit
- half a sandwich

A snack with protein keeps him full longer. Protein foods are foods like:

- milk
- yogurt
- chicken
- peanut butter
- cheese
- meat
- dried beans
- egg

Helpful Hints

- Give praise that makes your child feel good about eating.
- Start teaching healthy habits like eating a variety of fresh fruits and vegetables.
- Avoid sweets and sweetened drinks.
- Brush teeth, or at least rinse with water after meals and snacks.
- Buy 1%, 1/2%, or skim milk after the second birthday.
- Offer water when your child is thirsty.

Try some of these tips. Make some rules and stick with them.

Portion sizes may vary with tummy size!
 Serve your toddler this much to start:

Food	Daily Servings	Serving Sizes
Bread, Dry Cereal, Cereal, Rice, and Pasta	3	1 slice 1 cup ready-to-eat-flakes 1/2 cup Use more whole grain products.
Fruit	2	1/2 cup cooked; 1 cup fresh 4 ounces 100% juice
Vegetables	2	1/2 cup cooked; 1 cup fresh 4 ounces 100% juice
Meat, Poultry, Fish, Dried Beans, Eggs	2	1 ounce 3/4 cup cooked beans 1 egg
Milk, Yogurt, and Cheese	4	4 ounces or 3/4 ounce cheese

Toddlers can continue to breastfeed! Wait until your toddler is four years old to give nuts, popcorn and sticky foods.

My Breakfast Plate



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