

BLUE FISH

P E D I A T R I C S

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Toddler Nutrition

Toddlers are notorious for worrying their parents with inconsistent eating patterns. 1 year olds need on average 1000 calories per day or approximately 40 calories per inch of height. You do not need to worry about your toddler's caloric intake, they are very good at self-regulating. Some days it may seem like they don't eat much at all, and other days, it might seem like they eat more than you!

Parents often worry that their toddlers don't eat enough of certain food groups, but appropriate serving sizes for children are actually quite small. Again, do not worry if your child is not getting the servings noted on this chart – children will eat what they need.

Food Group	Servings Per Day	Number of Calories Per Day	One Serving Equals
Grains	6	250	<ul style="list-style-type: none">• Bread - 1/4 to 1/2 slice• Cereal, rice, pasta (cooked) - 4 tbsps.• Cereal (dry) - 1/4 cup• Crackers 1 to 2
Vegetables	2 to 3	75	<ul style="list-style-type: none">• Vegetables (cooked) - 1 tbsp. for each year of age
Fruits	2 to 3	75	<ul style="list-style-type: none">• Fruit (cooked or canned) 1/4 cup Fruit (fresh) - 1/2 piece
Dairy	2 to 3	300-450	<ul style="list-style-type: none">• Milk - 1/2 cup• Cheese - 1/2 oz (1-inch cube)• Yogurt - 1/3 cup
Protein (meat, fish, poultry, tofu)	2	200	<ul style="list-style-type: none">• 1 oz. (equal to two 1-inch cubes of solid meat or 2 tbsps. Of ground meat)• Egg - 1/2 any size, yolk and white
Legumes (dried beans , peas, lentils)	2	200	<ul style="list-style-type: none">• Soaked and cooked - 2 tbsps (1/4 cup)
Peanut butter (smooth only)		95	<ul style="list-style-type: none">• Spread thin on bread toast or cracker - 1 tbsp

Toddlers have small stomachs and high energy needs, so they need to eat frequently. Most toddlers will eat 3 meals and 2-3 snacks per day. Snacks should not be junk food. Think of a snack as another opportunity to offer healthy foods.

Pouches have become a popular food marketed towards toddlers. Pouches are OK as an “on the go” option, but should not be a part of your toddler's every day diet. They teach children to drink food instead of chew. They also miss out on the touch, smell and feel of real food when eating pouches.

Check the food labels on packaged or premade food that you are offering your child. Most are high in sugar and sodium, so try to choose wisely. Try to stick to those that have just the ingredients that you want to feed your child and not lots of added sugar or salt.

Most toddlers will be picky at some point – the most important thing to remember is that you decide the quality of food that your child eats and they decide the quantity. Try to not let mealtime stress you out! It should be a fun time to bond with your toddler.