

EAT SMART WITH YOUR TODDLER!



Remember

- Try new fruits and vegetables often
- Cut food into bite sized finger foods
- Children may need 6-10 exposures to new food before accepting them
- Let children use their hands to eat and explore their food
- Allow children to see you eating the same foods
- A child should be allowed to determine how much they want to eat



Food Suggestions

- Soft, fresh, and unsweetened fruits: bananas, pears, peaches, cantaloupe
- Tender, cooked vegetables: carrots, green beans, peas, sweet potatoes
- Small pieces of cooked, tender meat: chicken, turkey, boneless fish
- Toast, unsalted crackers, cereal pieces, yogurt
- Cut food into pieces that are easy to chew and swallow

Gina Ragusa, 12/05

References: Blum-Kemelor. *Feeding Infants*. Alexandria, VA: USDA, 2001. .Mitchell, M.K. *Nutrition Across the Lifespan*. Philadelphia, PA, 2003
Kansas Nutrition Network – www.kansasnutritionnetwork.org