Nutritional Needs: Infancy to Toddler
Copyright © Texas Education Agency, 2015. These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts’ and schools’ educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are not Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located outside the state of Texas MUST obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.
What is an age-appropriate diet for children?
Infant and Newborn Nutrition

- Food provides the energy and nutrients that babies need to be healthy
- Infants usually start eating solid foods between four and six months of age
Birth to Four Months of Age

- During the first four to six months of life, infants need only breast milk or formula to meet all their nutritional needs.
- Never give an infant honey.
Four to Six Months of Age

Development to indicate an infant is ready to eat solid foods:

- The baby can sit up with some support
- The baby has good control of head and neck
- The birth weight has doubled
Six to Eight Months of Age

For strained fruits and vegetables, introduce one at a time, waiting two to three days in between to check for any allergic reaction.
Eight to Twelve Months of Age

- A baby is ready to try strained or finely chopped meats
- Offer one new meat per week
One Year of Age

A one year old should be getting much of their nutrients from:

• Breads and grains
• Dairy group
• Fruits and vegetables
Feeding Tips

- Feeding solids too early is not recommended and can result in overfeeding.
- Offer only one new food at a time. Offer the new foods for a few days.
Tips During Mealtime

A baby put in bed with a bottle can develop bottle mouth.

Feed the baby directly from the jar only if you use the entire jar contents.
After the age of two, it is recommended that diets:

- Are moderately low in fat
- Provide nutrient-dense foods
- Contain a variety of foods from each food group
Put the plan into action by:

- Choosing healthy beverages and snacks
- Limiting the amount of empty calories
- Providing healthy eating habits
- Serving small portions

Source: ChooseMyPlate.gov
Start with Small Portions

- Don't insist that children finish all the food on their plates
- Teach them to take small amounts at first
- Use smaller bowls, plates and utensils for your child to eat with

Copyright © Texas Education Agency, 2015. All rights reserved.
Nutritional Needs of Toddlers

- The nutritional needs of toddlers vary from child to child
- They should consume 1,000 to 1,400 calories per day
Behavioral Eating Milestones

Two-Year-Olds:
- Can use a spoon and drink from a cup
- Develop likes and dislikes
- Experience slower growth and appetite drops

Three-Year-Olds:
- Are comfortable using fork and spoon
- Make simple either/or food choices, such as a choice of apple or orange slices
- Pour liquid with some spills
How to Feed a Toddler

(click on picture)
Food Safety for Toddlers

Some foods are more likely to cause foodborne illness. Avoid serving your toddler the following foods:

- Raw or partially cooked eggs or food containing raw eggs
- Raw sprouts
- Raw or undercooked meat, poultry, fish and shellfish
- Unpasteurized juices
- Unpasteurized (raw) milk or any products made from unpasteurized milk
- Unwashed fruits or vegetables
Food Hazards for Toddlers

Foods that may be choking hazards:

- Carrot sticks or baby carrots
- Chewing gum
- Chips
- Peanuts
- Popcorn
- Round slices of hotdogs or sausages
Hand Washing Tips for Toddlers

Toddlers should wash hands:

- After coughing or sneezing
- After playing with pets or visiting a petting zoo
- After using the bathroom
- Before and after handling food or eating
- Whenever they are dirty
Seafood Safety for Toddlers

Seafood (fish and shellfish) can be part of a healthy diet for toddlers.

- Herring
- Pollock
- Salmon
- Sardines
- Trout
Review

• What is an age-appropriate diet for a child under the age of one?
• What is an age-appropriate diet for a toddler?
• How can a parent use ChooseMyPlate to plan meals for a toddler?
• Name four foods an individual should avoid serving a toddler.
• What are three hand washing tips for toddlers?
References and Resources

Images:
- Photos obtained through a license with Shutterstock.com™. (Slides 1, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 17, 18, 19, 20, 21 and 23)
- ChooseMyPlate.gov. (Slide 13)

Textbook:

Websites:
- Bright Futures
  Giving your baby the best nutrition (birth to five months)
- Cut Back of Your Kid's Sweet Treats
  10 tips to decrease added sugar. Nutrition Education Series.
- Medline Plus
  Age-appropriate diet for children
- Nutrition Education of Texas
  Teaching Nutrition: Background information about nutrition, nutrients and healthy eating habits. Topics include nutrients, food safety, selecting a balanced diet, nutritional needs during the lifecycle, nutrition and health.
  http://netx.squaremeals.org/teaching_nutrition.html
- Nutrition.gov
  Nutrition Information for you
  http://www.nutrition.gov/life-stages/infants
References and Resources

- United States of Department of Agriculture
  The Centers for Disease Control (CDC), National Center for Health Statistics created these charts with direction from the FNS Supplemental Food Programs Division.

YouTube™:
- How to Feed a Toddler
  Learn how to feed a toddler so that most of the food ends up in the child, not on him.
  http://youtu.be/VV98HwqlQ7A