



# Toddlers 12 to 24 months

## I'm a healthy eater

Trust Me, Trust My Tummy

At **12 months of age**, I am ready for a meal and snack routine

- I need 3 meals and 2 to 3 snacks each day
- From the foods you serve, let me choose:
  - whether to eat
  - what to eat
  - how much to eat
- Continue to breastfeed me for as long as we both want
- If I drink formula, now I can transition to whole cow's milk
- Always offer me whole cow's milk from an open cup
- I need a vitamin D supplement daily until I get enough from my food

I need **iron-rich foods** at every meal

- Iron is important for my brain development
- Foods rich in iron include meat, fish, poultry, eggs, tofu, beans, lentils and hummus
- Vitamin C in foods like vegetables and fruits helps with iron absorption



**You are my role model**

- I am more likely to eat food if I help you prepare it
- I learn about food by doing simple tasks like washing vegetables or mashing potatoes
- Don't worry about the mess when I help you in the kitchen
- I can eat whatever you eat, but offer me smaller portions and foods that are easy for me to chew
- Turn off all electronics (TV, cell phone, etc.) and put toys away at mealtimes
- Sit, talk and eat with me

I can drink from an **open cup**

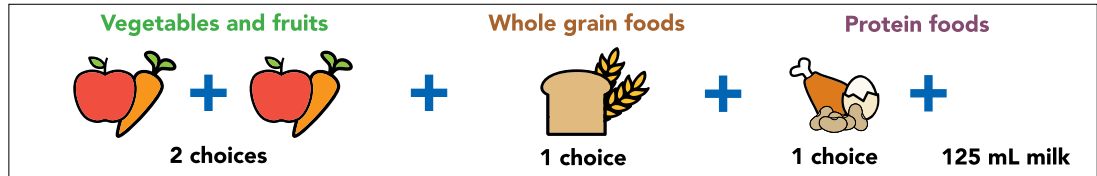
- Give me tap water whenever I am thirsty
- Offer me 500 mL of whole milk or soy follow-up formula daily
- I don't need juices or other drinks

My **baby teeth** are important

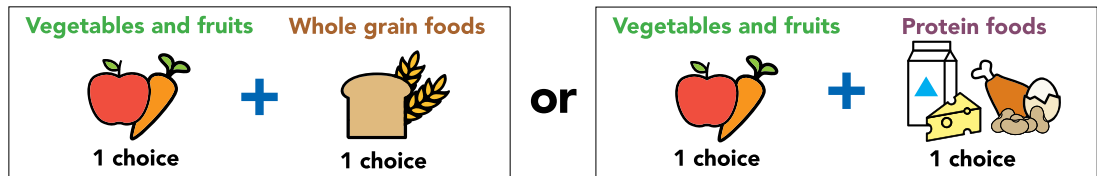
- Remember to brush my teeth using a small, soft toothbrush moistened only with water
- Brush my teeth at least 2 times a day for 2 minutes each time, especially before bed
- I'm ready for my first dental visit by one year of age

# I need a **variety** of foods including vegetables and fruits, whole grain foods, and protein foods

## Meal Pattern



## Snack Pattern



Use herbs and spices to flavour my foods instead of sugar and salt

Mix and match foods according to the healthy eating patterns above to make a meal or a snack  
See the examples below for ideas:

### Vegetables and fruits

- orange vegetables such as sweet potatoes, carrots, pumpkins, squash
- green vegetables such as broccoli, green peas, asparagus
- cooked leafy greens, such as kale, spinach, chard
- soups made with turnips, potatoes, cauliflower, onions, herbs
- stir-fries made with peppers, mushrooms, eggplants, garlic
- cooked desserts, such as baked apples, fruit compote, peach cobbler
- salads made with fruits, such as mangoes, bananas, apricots, pears
- cantaloupes, watermelons, papayas, berries, plums, oranges, avocados, seedless grapes (cut into quarters)

### Whole grain foods

- bannock, chapatti, roti, bagels, breads, crackers, naans, pitas, tortillas, whole grain cereals, English muffins
- whole grain pancakes, muffins, waffles, oatmeal, pasta
- wild or whole grain rice
- couscous, quinoa, bulgur, barley, millet, buckwheat, amaranth, triticale berries

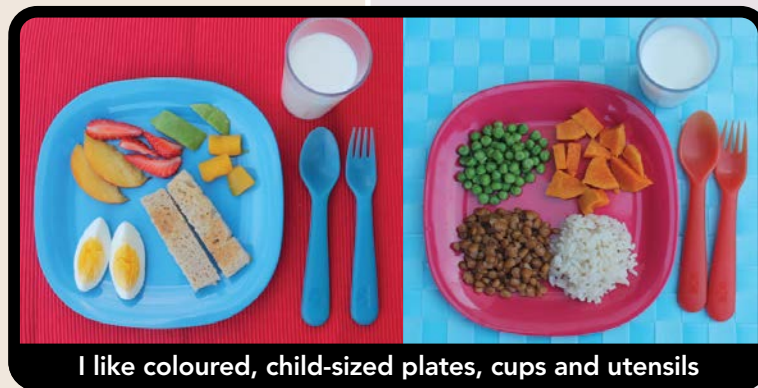
### Protein foods

#### Calcium-rich (Milk and alternatives)

- whole milk (3.25% M.F.) or soy follow-up formula
- full-fat cheese
- paneer
- full-fat yogurt/dahi
- full-fat kefir
- foods made with whole milk, such as cream soups, oatmeal, puddings, custards

#### Iron-rich (Meat and alternatives)

- chicken, turkey, lamb, beef, veal, pork, wild game
- low-mercury fish
- egg, tofu, soft-cooked edamame
- soft-cooked navy beans, lentils, dhal, chickpeas
- hummus, black bean dip
- smooth peanut butter, nut and seed butters (spread thinly on toast)



### Some foods are not safe for me because they can cause choking:

- Hard, small and round foods (nuts, popcorn, seeds, whole grapes, etc.)
- Sticky foods from a spoon (nut and seed butters, etc.)

To view the **Trust Me, Trust My Tummy** video, visit:  
[www.peelregion.ca/children-parenting/feeding-baby/solid-foods/](http://www.peelregion.ca/children-parenting/feeding-baby/solid-foods/)

To learn more about helping your child eat well, contact a Public Health Nurse at:  
**905-799-7700 • (Caledon 905-584-2216)**