

Feeding a Toddler: 1-2 Years

Toddler Development



Some days your toddler may eat very little, and other days they may eat a lot. This is normal! Toddlers will show interest in some foods and not others.

Hunger Cues

Your child may be hungry if they reach or point to a food, open their mouth when offered a spoon, get excited when they see food, or verbally let you know they are still hungry.



Fullness Cues

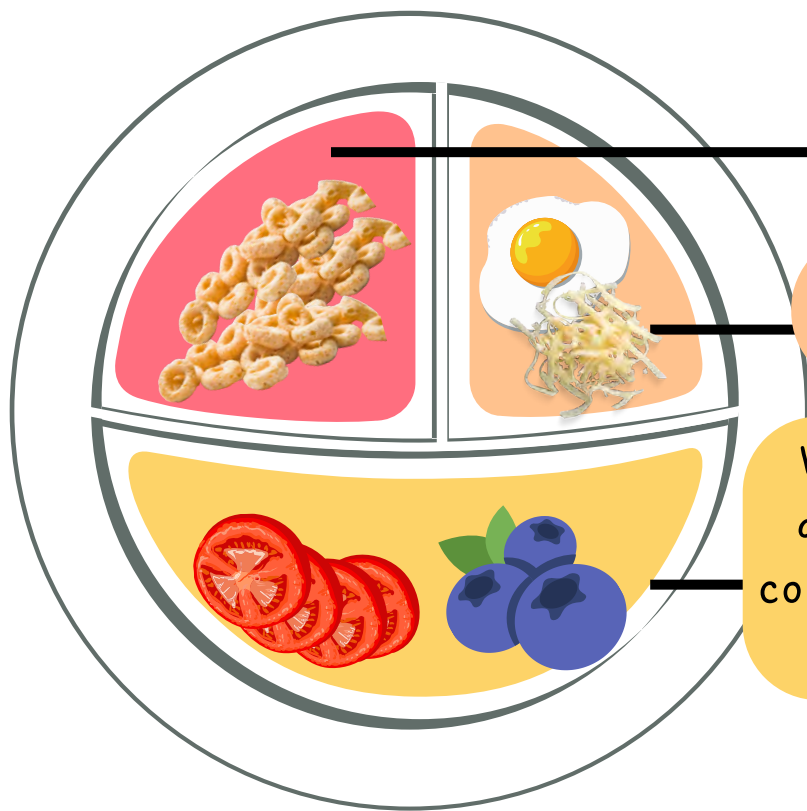
Your child may be full if they push food away, close their mouth or turn their head away when food is offered, or verbally let you know they are full.



Picky Eaters

Being "picky" is expected at this age. Toddlers know when they are hungry or full. Bribing a toddler to eat more if they are full can teach them to overeat. Healthy foods should be offered, even if your toddler has not wanted it before.





Toasted oat cereal is a good source of whole grains

Soft eggs with cheese are a good source of protein and dairy

When feeding your toddler fruits and vegetables, offer a variety of colors. Cut the food into small pieces to avoid choking.

Serving Sizes

Portions should be small. Try 2 tablespoons of each food and offer more if your toddler is still hungry. Cutting foods into small pieces helps to avoid choking. Allow 2-3 hours between meals or snacks so your child gets hungry for the next meal.

Toddler Beverages



Toddlers should be weaned from a bottle by 12 to 14 months of age due to risk for cavities. At this time, toddlers should also be weaned from formula to cow's milk. Encourage water, and limit juice to 4oz or less per day. For those that are breastfeeding, it is recommended to continue for as long as mutually desired by parent and child.