



Toddler Nutrition



THE HEINZ ENDOWMENTS

HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

UPMC HEALTH PLAN

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Meeting Features

1. Respond to our questions in the **chat box**!
2. We will ask you to **edit slides** to show your thoughts.
3. Watch out for **poll questions**! We will ask you to answer these questions along the way so we can better tailor our program to your needs.

When you see the chat bubble, add your responses to the chat box

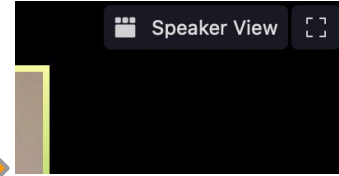


When you see this pencil, add your responses to the slide



Set Up

1. Mute your audio
2. Make sure 'Speaker View' is enabled
3. Open the editable google slides



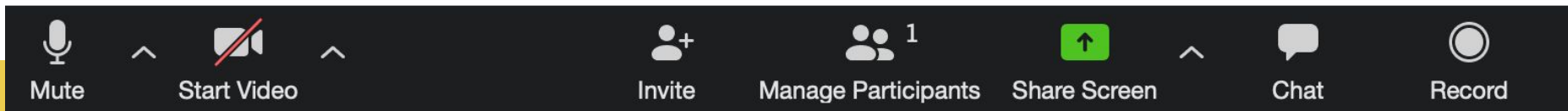
You can mute yourself and turn off your video here



We'll use the chat today!



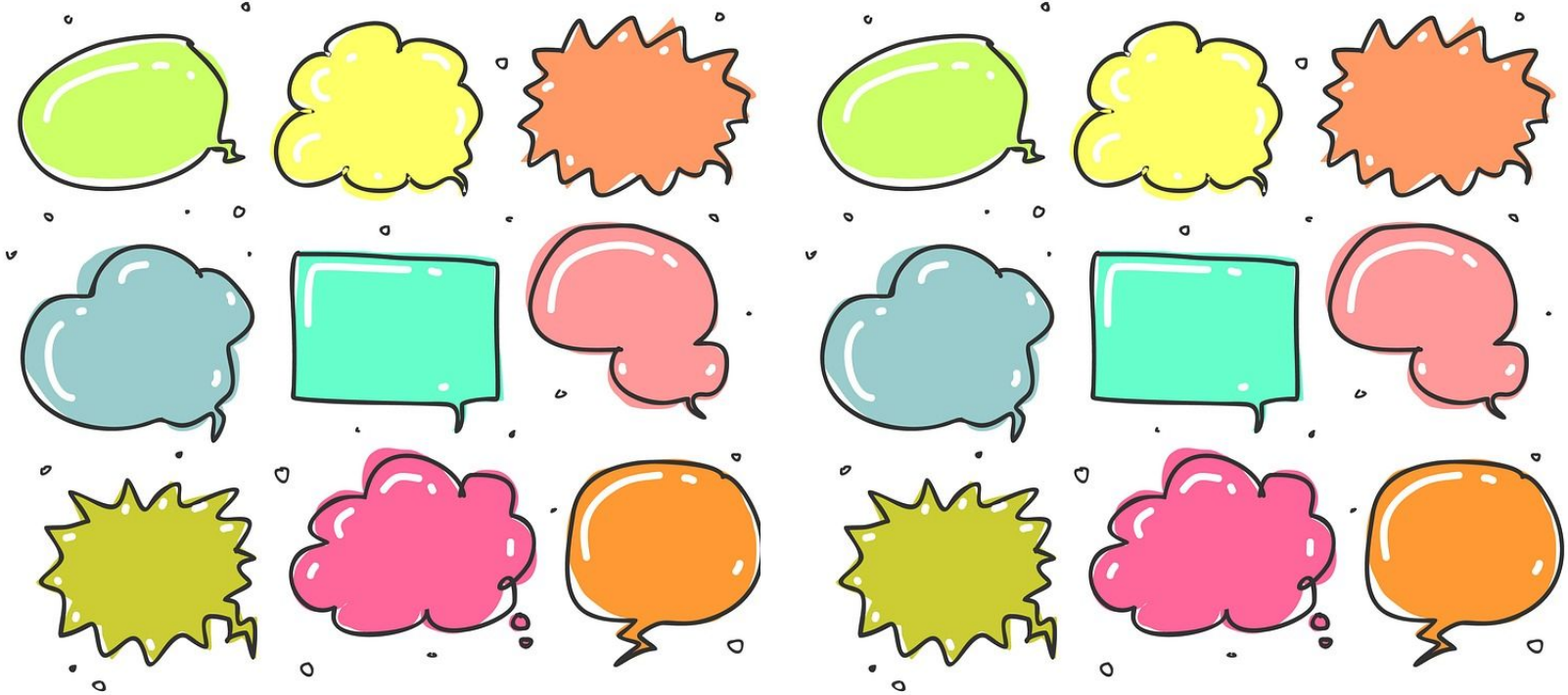
Zoom Toolbar



Outline:

1. Group Discussion
2. Feeding and Nutrition Tips Across the Toddler Lifespan
3. Managing Mealtime Messiness
4. Choking Hazards
5. Serving Sizes
6. Selecting Snacks for Toddlers
7. Resources

Group Discussion





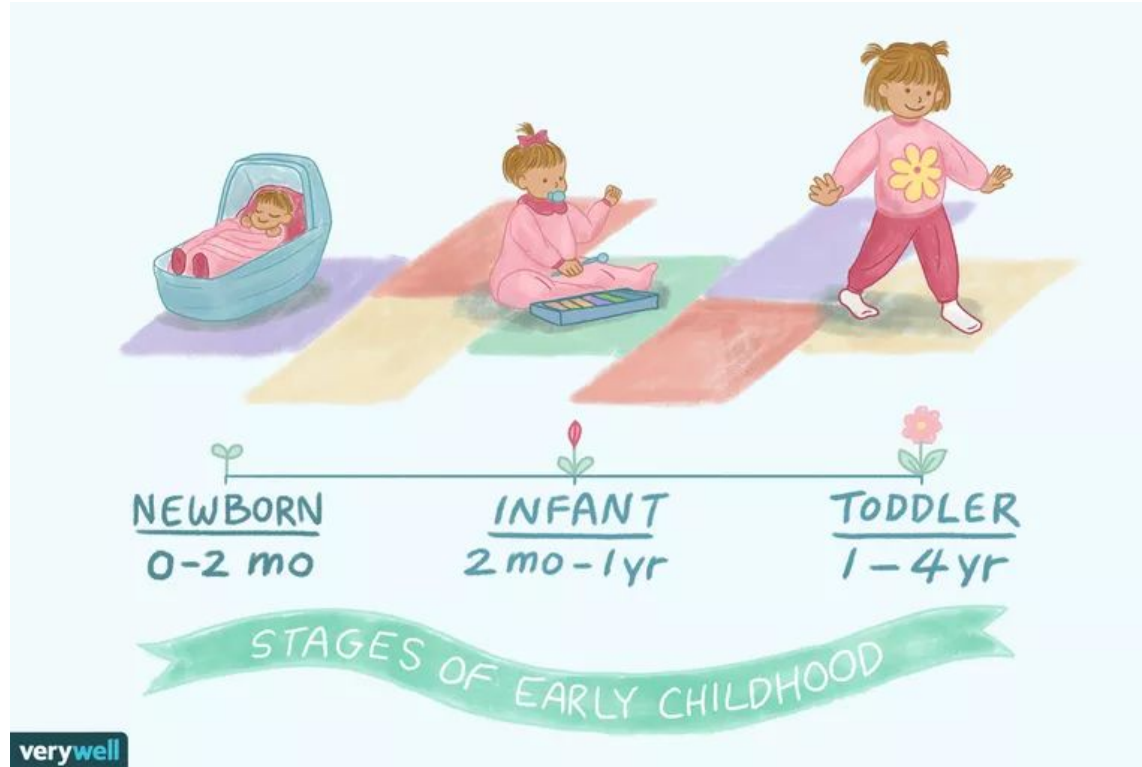
What concerns or
challenges do you
have with feeding
toddlers?



Double click on
the Post It
notes to edit



Stages of Early Childhood



Feeding Behaviors: Developmental Landmarks during the First 2 Years of Life

Developmental Landmarks:

- Tongue laterally transfers food in the mouth
- Shows voluntary and independent movement of the tongue and lips
- Sitting posture can be sustained
- Shows beginning of chewing movements

Change Indicated:

- Introduction of soft, mashed table food

Feeding Behaviors: Developmental Landmarks during the First 2 Years of Life

Developmental Landmarks:

- Reaches for and grasps objects with palmar grasp
- Brings hand to mouth

Change Indicated:

- Finger Feeding (large pieces of food)



Feeding Behaviors: Developmental Landmarks during the First 2 Years of Life

Developmental Landmarks:

- Voluntarily releases (refined digital pincer grasp)

Change Indicated:

- Finger Feeding (small pieces of food)



Feeding Behaviors: Developmental Landmarks during the First 2 Years of Life

Developmental Landmarks:

- Shows rotary chewing pattern

Change Indicated:

- Introduction of food from varied textures from family menu



Feeding Behaviors: Developmental Landmarks during the First 2 Years of Life

Developmental Landmarks:

- Approximates lips to rim of cup

Change Indicated:

- Introduction of cup for sipping liquids



Feeding Behaviors: Developmental Landmarks during the First 2 Years of Life

Developmental Landmarks:

- Understands relationship of container and its contents
- Shows increased movements of the jaw

Change Indicated:

- Beginning of self-feeding
- Messiness should be expected!



Managing Messy Eating

- Throwing food could be an indicator that your child is done eating
- Have a designated bowl for your child to put food that they are “done with”
- Tell them the behavior you would like to see in a calm, respectful tone
- Provide positive reinforcement if your child follows instructions
- Try to eat together--children model behavior
- Set boundaries



Choking Hazards

- Grate or thinly slice veggies
- Quarter grapes and tomatoes lengthwise
- Thinly spread nut butters
- Cut tough pieces of meat into 1-2 inch pieces

Avoid the following foods, which could be swallowed whole and block the windpipe:

Hot dogs (unless cut in quarters lengthwise before being sliced)

Chunks of peanut butter (Peanut butter may be spread thinly on bread or a cracker, but never give chunks of peanut butter to a toddler.)

Nuts—especially peanuts

Raw cherries with pits

Round, hard candies—including jelly beans

Gum

Whole grapes

Marshmallows

Raw carrots, celery, green beans

Popcorn

Seeds—such as processed pumpkin or sunflower seeds

Whole grapes, cherry tomatoes (cut them in quarters)

Large chunks of any food such as meat, potatoes, or raw vegetables and fruits

Serving Sizes

- Toddlers need approximately $\frac{1}{4}$ - $\frac{1}{2}$ of adult servings
- Guidelines are NOT rules--your toddler is in charge of how much to eat
- Think of long-term trends, not daily trends

Average Daily Intake for a Toddler

Food Group	Servings Per Day	Number of Calories Per Day	One Serving Equals
Grains	6	250	<ul style="list-style-type: none"> • Bread – $\frac{1}{4}$ to $\frac{1}{2}$ slice • Cereal, rice, pasta (cooked) – 4 tbsps. • Cereal (dry) – $\frac{1}{4}$ 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) – $\frac{1}{4}$ cup • Fruit (fresh) – $\frac{1}{2}$ piece • Juice – $\frac{1}{4}$ to $\frac{1}{2}$ cup (2-4 oz)
Dairy	2 to 3	300-450	<ul style="list-style-type: none"> • Milk – $\frac{1}{2}$ cup • Cheese – $\frac{1}{2}$ oz. (1-inch cube) • Yogurt – $\frac{1}{3}$ 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 – $\frac{1}{2}$ any size, yolk and white
Legumes (dried beans, peas, lentils)	2	200	<ul style="list-style-type: none"> • Soaked and cooked – 2 tbsps. ($\frac{1}{4}$ cup)
Peanut butter (smooth only)		95	<ul style="list-style-type: none"> • Spread thin on bread toast or cracker - 1 tbsp.

Fruits/Vegetables

2-3 servings/day

One serving equals:

- 1 tablespoon veggies for each year of age (an average of 1/4 cup per day)
- 1/4 cup chopped fresh, cooked, or frozen
- 1/4 – 1/2 small fruit/vegetable
- 2 tablespoons dried fruit



Grains

6 servings/day

One serving equals:

- 1/2 slice bread
- 1/4-1/3 cup cooked pasta, rice, or other grains (millet, barley, kamut, farro, oats, etc.)
- 1/4 cup ready-to-eat cereal
- 2 small crackers
- 1/2 tortilla
- 1/4-1/2 bun, muffin, or bagel



Protein

2 servings/day

One serving equals:

- 1 ounce of meat
- 1 ounce fish or shellfish
- 1/2 egg
- 2 tablespoons cooked dry beans and peas, lentils
- 2 tablespoons tofu
- 1 ounce tempeh
- 2 tablespoons hummus
- 1 tablespoon nut butter



Dairy/Dairy Alternative

2-3 servings/day

One serving equals:

- 1/2 cup milk or soymilk
- 1/2 ounce (1 inch cube) cheese
- 2 tablespoons shredded cheese
- 1/3 cup yogurt, soy yogurt, cottage cheese



Specific Nutrient Needs

Iron:

- Limit milk intake to no more than 32 oz.
- Eat rich iron sources and pair with vitamin C to enhance absorption
 - Leafy greens of the cabbage family
 - Meats/poultry/fish
 - Legumes
 - Iron enriched cereals, pasta and rice

Specific Nutrient Needs

Vitamin D:

- Make sure your child's diet has foods with vitamin D. Examples include:
- Some fish (for example, salmon or light canned tuna).
- Eggs
- Vitamin D-fortified products like cow's milk (for children 12 months and older), yogurt, cereals, and some juices.

Planning Meals and Snacks

- Have regular meals and sit down snacks
 - Most toddlers will do well with three main meals and two smaller snacks a day
- Feeding schedules can make mealtimes less stressful and more enjoyable
- Offer at least 4-5 food groups at every meal
- Offer 2 food groups at every snack



Resources

Toddler Food and Nutrition Websites

1. <https://www.mjandhungryman.com/>
2. <https://www.superkidsnutrition.com/>
3. <https://mylittleeater.com/>
4. <https://www.ellynsatterinstitute.org/>

Instagram Accounts:

1. Elementnutrition.kids
2. Family.snack.nutritionist
3. kids.eat.in.color



Sources:

Committee on Nutrition. (2016). Serving Sizes for Toddlers. Retrieved September 01, 2020, from <https://www.healthychildren.org/>

Kwon, M. (2020). Recommended Toddler Serving Sizes with Visuals. Retrieved September 1, 2020, from <https://www.mjandhungryman.com/>

Prum, T. [@family.snack.nutritionist]. Retrieved September 1, 2020 from <https://www.instagram.com/family.snack.nutritionist>

Satter, E. (2019). Eat and feed with joy. Retrieved September 01, 2020, from <https://www.ellynsatterinstitute.org/>