

Small Eaters

Your baby grew fast during his first year.
He probably tripled his weight.
He may have gained 12 to 14 pounds
during the first year of life.

Your toddler will grow slower
during his second year of life –
he doesn't need to triple his weight again.

Most toddlers gain about 5 pounds
during their second year of life.

Toddlers grow slower and eat less –
this is normal.

If you prepare healthy meals and snacks,
your toddler will eat
when he is hungry.



Should you worry if your toddler doesn't want to eat much?

Your toddler naturally needs to eat less.

Let your child learn to eat when he is hungry
and stop eating when he is full.

Don't push your toddler to eat more
than he wants to.



Off to a Good Start

Some parents worry and want their toddler to eat
"something", sometimes "anything".

Watch out for these common traps:

Letting a toddler snack all day long.

His small tummy will be full and he won't
be hungry for healthy meals and snacks.

Giving sweet foods to a toddler.

He may learn to prefer the sweet foods
and refuse to eat healthy foods.

Cooking different foods for a
toddler. This can become a game for a
toddler and he will start to refuse family meals.
Don't become a short order cook.

What can you do?

- 1 Offer 3 planned meal times
- 2 Offer 3 nutritious snacks
- 3 Eat with your toddler
- 4 Wean from the bottle
- 5 Offer the right amount of drinks:
 - Offer 16 ounces of milk each day.
(more than 24 ounces of milk
in a day is too much)
 - Limit juice to 4 to 6 ounces or less
 - Offer water to thirsty toddlers
 - Avoid sweet drinks

Some toddlers will fill up on drinks
and not be hungry to eat.

Easy Meals for Toddlers

Enjoy these meals with your toddlers

Brown Rice and Chicken

Combine cooked brown rice, chopped cooked chicken and chopped peas or broccoli

Heat in a skillet.

Beefy Macaroni

Combine cooked ground beef, cooked noodles and canned tomatoes.

Heat in a skillet.

Scrambled Eggs and Veggies

Beat eggs until scrambled in a bowl.

Add finely chopped cooked broccoli or carrots, zucchini or peas to eggs.

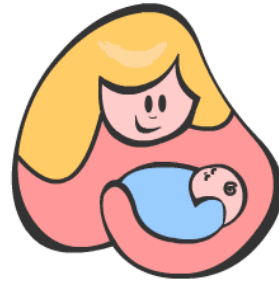
Cook eggs in a skillet.

Chicken Quesadilla

Place chopped cooked chicken and cheese (mozzarella and cheddar) on a soft corn or whole wheat tortilla.

Top with another tortilla

Heat in a skillet.



Why didn't my grandmother and mother breastfeed?

Infant formulas were very popular 20 to 30 years ago, and moms believed that formulas were as good as breastmilk.

Many babies were not breastfed during the 20th century, but now we know better. Breastfeeding is the best and is the most popular way to feed babies today.

Babies are meant to be breastfed!

When did babies start drinking formula instead of breastmilk?

Homemade infant formulas were popular in the 1920s and 1930s. These formulas were fed to more than half of all babies by 1950.

Commercial infant formulas started to become popular in the 1950s. By 1956, only 20% of babies were being breastfed.

In the early 1970s, about 25% of babies were being breastfed.

This increased in 1990, when 50% of all babies were breastfed.

We have learned a lot about breastmilk and how it protects both our babies and mothers.

In 1995, breastfeeding started to increase and about 60% of all babies were breastfed. **And 77% of today's babies are breastfed.**

Are today's moms breastfeeding their babies?

Yes, we have learned a lot over the past 50 years and we now know breastmilk is the best for our babies.

Breastfeeding is becoming very popular – everyone wants their baby to have the best.

77% of all babies are breastfed.

Formula companies try to make infant formulas to be like breastmilk, but formulas will never be as nutritious as breastmilk.