

## Your Toddler's Diet

When your baby turns 1 year old, it is time to wean from the bottle.

Wean your baby from the bottle when he is 12 to 14 months old.

Most babies can drink whole milk when they are 1 year old.

Your baby will probably drink less when he is weaned from the bottle.

That's okay!

**Offer 16 ounces of milk during the day.**

Let your toddler drink milk from a cup at meal times and snack times.

Your toddler will be drinking less milk and eating more foods.

Offer 3 meals a day

Offer 3 small snacks a day

## What will my toddler eat?

Offer small amounts of the foods that your family is eating at meal times.

Offer soft foods, cut into small pieces that are easy for your toddler to eat.

Children under the age of 2 years usually eat small amounts.

Offer 1 to 2 tablespoons of each food to your toddler.

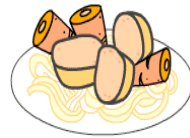
Let him ask for more if he is still hungry.

Let your toddler decide how much he needs to eat.

Offer food every 2 to 3 hours, at meals or snacks.

Snacks are small meals.

Snacks are not treats.



## A Good Start!

Breastfeed as soon as possible after your baby is born.

Your baby will be awake and will love the comfort of your arms.

Hold your baby in a comfortable position.

- ♥ Use pillows to support your arms and baby.
- ♥ Put your baby on his side, facing you, his tummy to your tummy.

Help your baby latch on.

- ♥ Gently support your breast with your hand. Put your fingers under your breast and your thumb on top of your breast.
- ♥ Tickle your baby's bottom lip with your nipple.
- ♥ When your baby opens wide, quickly center your nipple in his mouth and bring him very close.
- ♥ Your baby's nose and chin should touch your breast.



# Safe Fish

Fish and shellfish are an important part of a healthy diet. However, some fish can have high levels of mercury, PCBs or other contaminants.

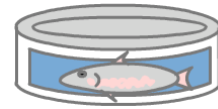
Limit the types and amounts of fish that you eat if you are pregnant, planning to become pregnant, breastfeeding or a young child.

Follow the advice from the Food and Drug Administration (FDA) to protect your baby:

- ♥ **Do not eat shark, swordfish, king mackerel or tilefish.**
- ♥ **Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.** Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.
- ♥ **Check local advisories** about the safety of fish caught in local rivers and streams. If no advice is available, you can safely eat up to 6 ounces (1 meal) a week of fish you catch from local waters, but do not eat any other fish during that week.

Source: FDA 2009

- ♥ **Learn about breastfeeding!** Talk to other women who have breastfed successfully, go to a breastfeeding class, read pamphlets, books and the Internet.
- ♥ **Learn in the Hospital!** Ask a nurse to watch an entire breastfeeding session while you are in the hospital.
- ♥ **Breastfeed often!** Breastfeed your baby every 1 ½ to 3 hours. Breastfeeding will become easier with practice.
- ♥ **Avoid using bottles!** Bottles can confuse your baby. Your baby may breastfeed less and your breastmilk supply will decrease.



## What about tuna fish?

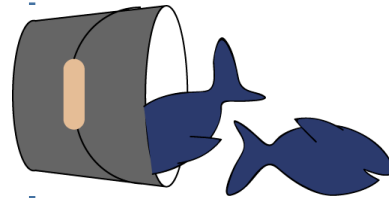
**Tuna fish can be part of the 12 ounces (2 average meals) of fish and shellfish that you eat in a week.**

**You can make quick meals with tuna.**

Enjoy tuna sandwiches.

Serve cold tuna on your lettuce salad.

Make a tuna noodle hot dish.



The mercury in tuna can vary. Canned albacore (white) tuna usually have higher levels of mercury than canned light tuna.

When choosing your two meals of fish and shellfish, you may eat up to 6 ounces (1 average meal) of albacore tuna per week.

Follow these same rules when feeding fish and shellfish to your young child, but the serving sizes should be smaller.

