

## Key strategies for caregivers to promote a healthy diet for toddlers

- Offer structure and guidance to the toddler and be a positive role model.
- Limit foods and drinks that are high in calories and low in nutritional value, such as juice, sugar-sweetened beverages, and unhealthy snacks (100% fruit juice is best; daily recommendation, 4 to 6 oz./day).
- Eat healthy foods as a family, with toddlers in high chairs or a booster seat at table height.
- Eat meals at the table with the television turned off.
- Provide appropriate portions of food (see *Table 1: Daily dietary recommendation for toddlers*).
- Limit cow's milk consumption to no more than 24 oz./day.
- Look carefully at food labels when purchasing commercial toddler foods, limiting added sugars and choosing foods with low sodium content.
- Offer the child a wide variety of fruits and vegetables with various colors and textures.
- Introduce new foods repeatedly, up to 8 to 10 times and in ways that encourage food acceptance.
- Serve new foods with familiar foods when introduced.
- Provide small portions (1-2 tbs.) of new foods, and allow children to serve themselves.
- Avoid pressuring the child to eat certain foods or eat a certain amount. Allow the child to respond to internal hunger and fullness cues.