

**Feeding your two year old can be tough. Here are some ideas that may help.**

### Meal Times

Two year olds do not eat a lot, so just give a little bit of food at each meal. You can always give more food if your child wants it.

- Don't get into fights about food.
- You shouldn't force your child to eat.
- Don't bribe or reward with junk food.
- Eat the same foods with your child at mealtime.
- Turn off the TV and talk.

Sometimes your child may be too busy to stop and eat. Have a quiet time before meals. How about coloring on paper and then washing hands before meals?

### Snacks

Snacks should be like little meals for your two-year-old.

- cheese and crackers
- cereal and milk
- yogurt and fruit
- half a sandwich

A snack with protein keeps him full longer. Protein foods are foods like:

- milk
- yogurt
- chicken
- peanut butter
- cheese
- meat
- dried beans
- egg

### Helpful Hints

- Give praise that makes your child feel good about eating.
- Start teaching healthy habits like eating a variety of fresh fruits and vegetables.
- Avoid sweets and sweetened drinks.
- Brush teeth, or at least rinse with water after meals and snacks.
- Buy 1%, 1/2%, or skim milk after the second birthday.
- Offer water when your child is thirsty.

Try some of these tips. Make some rules and stick with them.

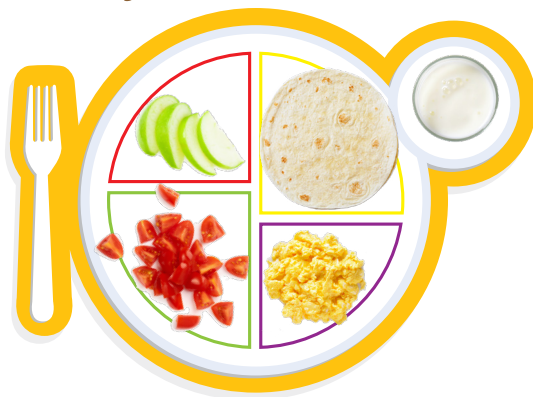
**Portion sizes may vary with tummy size!**

**Serve your toddler this much to start:**

Food	Daily Servings	Serving Sizes
Bread, Dry Cereal, Cereal, Rice, and Pasta	3	1 slice 1 cup ready-to-eat-flakes 1/2 cup Use more whole grain products.
Fruit	2	1/2 cup cooked; 1 cup fresh 4 ounces 100% juice
Vegetables	2	1/2 cup cooked; 1 cup fresh 4 ounces 100% juice
Meat, Poultry, Fish, Dried Beans, Eggs	2	1 ounce 1/4 cup cooked beans 1 egg
Milk, Yogurt, and Cheese	4	4 ounces or 3/4 ounce cheese

Toddlers can continue to breastfeed! Wait until your toddler is four years old to give nuts, popcorn, and sticky foods.

## My Breakfast Plate



**Department of  
Health**

Women, Infants, and  
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