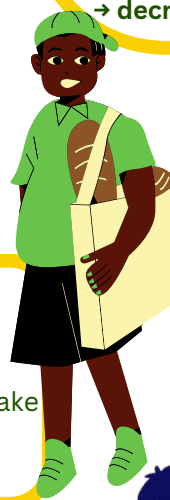


FEEDING YOUR CHILD

Why It Matters

- As children grow from 1 to 6 years, their appetite and food preferences naturally fluctuate:
 - They may eat more or less some days.
 - They may refuse new foods or want the same foods repeatedly.
 - They want more autonomy—choosing foods, feeding themselves.
- Feeding at this stage is about establishing healthy habits, exposure to varied foods, and positive mealtime routines.



Routine & Meals

- Start a routine by 12 months: 3 meals + 2–3 snacks at set times
- Offer family foods with variety (taste, texture, colour)
- Use small servings first; offer more if hungry
- Eat together when possible (role modelling matters)
- Avoid constant sipping of milk or juice → decreases appetite

Drinks

- 12–24 months: 500 mL/day of whole milk (3.25%) in a cup
- After age 2: switch to lower-fat milk or fortified soy beverage
- Water between meals; avoid sweetened drinks
- 100% fruit juice: limit to 125–175 mL (4–6 oz) per day

Involve Kids in Cooking

- 2–3 yrs: wash produce, stir, smell spices
- 3–4 yrs: pour, mash, assemble sandwiches
- 4–6 yrs: crack eggs, slice soft foods with safe knife, make parfaits
- Cooking together increases food acceptance



Nutrition & Foods

- Include iron-rich foods at every meal (meat, beans, eggs, tofu, fortified cereals)
- Offer a Vitamin D supplement daily
- Include high-fibre foods (fruits, veggies, whole grains)
- Fish: choose low-mercury types (salmon, trout, herring) 2x/week

! Safety & Choking Prevention

- Always supervise eating
- Cut grapes/cherry tomatoes into quarters
- Cut raw veggies into thin strips
- Spread nut butter thinly, avoid big globs
- Avoid popcorn, whole nuts, candies, hot dogs in young children
- Refrigerate cut fruit/veg within 2 hours



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