Family Meals

- I need to sit when I eat or drink. Put me in a high chair or booster seat at the table with our family.
- Let's spend quality time together without electronic devices on.
- Don't give me choking hazard foods, but I can eat most of our family foods!
- Serve me beverages in a cup (I have outgrown the bottle).
- Breastfeeding can continue as long as we both want. Breastfeeding is the same as a serving of milk.

Keep Me Safe

- Keep an eye on me while I play with you.
- Talk, sing, and read to me so I can learn new words.
- Always keep me in the car seat when we drive.
- Watch me around water and the pool.
- Make sure to put sunscreen on me when we are outside.

I’m One, and I’m Ready for Fun!
**Trying New Foods**

- I like to copy you so I can eat healthy too
- Let me see and smell a variety of food so I can like them too
- I will make a mess when I eat, but it helps with my development, so put a sheet or shower curtain under my chair to clean up easily!

**Growth & Trust**

- You decide which foods to offer me, but I decide which to try and how much
- Watch for my fullness cues to tell when I’m done eating
- I may not eat every meal or snack every day...some days will be more than others
- Serve me foods I like along with new foods...have me touch and smell new foods

**Food to Offer 1 Year Olds**

Offer me 3 meals and 2-3 snacks per day.

**Dairy:**
- 4 ounces of whole real milk
- 4 ounces of yogurt
- 4 ounces of cottage cheese
- 1 slice of cheese

**Fruit:**
- 1/4 cup soft fresh fruit, soft canned, or frozen fruit

**Vegetables:**
- 1/4 cup cooked, mashed, or chopped vegetables

**Grains:**
- 1/4 to 1/2 slice of bread or 6” tortilla
- 1/4 to 1/2 cup dry cereal
- 1/4 cup noodles, rice, or cooked oatmeal

**Protein:**
- 1 Tbsp. chopped beef, chicken, turkey, or fish
- 1/2 egg
- 2 Tbsp. cooked and mashed beans
- 1/2 Tbsp. thinly spread peanut butter

**Benefits of Dairy**

- Dairy foods provide 7 of 14 nutrients key for early brain development
- Dairy foods provide bone-building vitamins and minerals
- Dairy foods provide nutrients, as part of a healthy diet, important for immune health
- Dairy foods have key nutrients that fuel growth and development

**Aim for 1 2/3 - 2 cups/day of dairy!**