

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



www.arizonamilk.org
www.nevadamilk.com



**I'm One, and
I'm Ready for Fun!**



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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!

