

Excerpts from Food for Tots

4th Edition

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Information in this booklet is not intended to be personal medical advice.
Consult your doctor if you need medical advice specific to your child.

Nutrition

Feeding Your Baby 0 to 12 Months

During the important first year of life your baby triples in weight. Head size and length increase. Your helpless newborn develops into a toddler who can laugh, sit, crawl, stand, and begin to walk. Good nutrition is important for all this growth, but that doesn't mean it has to be complicated. Breast milk and vitamins, or iron-fortified formula provide everything an infant needs for the first 4–6 months. By 6 months of age you can add solids. Just be sure to avoid the no-no foods on page 4.

Milk—Breast is Best!

Best for your baby: Breast milk is perfect nutrition for an infant and is easy-to-digest. It provides immunity against serious infections. It may also help prevent SIDS (Sudden Infant Death Syndrome), obesity, and later diabetes and cancer. Breast milk is flavored by what a mom eats so breastfed babies get used to a variety of flavors and may be more willing to try new foods later.

Best for you: Women who breastfeed recover more rapidly from childbirth and find it easier to get back to their normal weight. They are also less likely to develop breast cancer or ovarian cancer.

Cautions for Breastfeeding Mothers

Anything you eat, drink, take as a pill or smoke, can pass into your breast milk and affect your baby.

- ▶ **Prescription or over-the-counter medications**—ask your doctor before taking
- ▶ **Herbal teas or pills**—ask your doctor or a pharmacist before taking
- ▶ **Caffeine**—can make your baby irritable
- ▶ **Alcohol**—avoid alcohol as it can make an infant lethargic. One small drink on a special occasion is probably not harmful but wait 2 hours after a drink before breastfeeding
- ▶ **Nicotine**—nicotine from chewing or smoking tobacco can make your baby colicky and may reduce the amount of milk your body can make. If you choose to smoke, the safest time is right after you breastfeed. Don't smoke in your home, car, or where your baby will inhale the smoke
- ▶ **Street drugs**—very dangerous for your baby, avoid them completely

Can't breastfeed? If you have trouble getting started don't give up! Most hospitals have lactation specialists who can help. If you can't breastfeed, ask your doctor to recommend an iron-fortified infant formula. These formulas usually contain cow's milk and are specially prepared to be easy to digest

Feeding Your Preschooler 2 to 6 Years

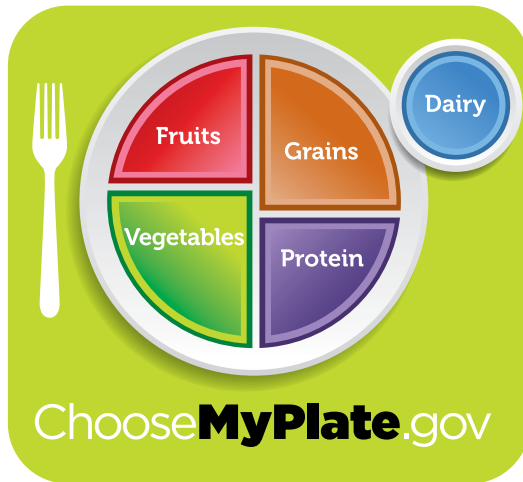


Figure 1. MyPlate

The **MyPlate** plan, is a new nutrition plan from the US Department of Agriculture (USDA). It shows that half of your child's daily food should be fruits and vegetables and half should be healthy grains and proteins. We will show you what *your* child needs to eat in a typical day and how to offer it in 3 meals and 2 snacks. For example, if the recommendation is for 2 cups of dairy you can offer several small servings of milk, cheese, or yogurt throughout the day. A serving for a preschooler is quite small—about $\frac{1}{4}$ to $\frac{1}{2}$ of an adult serving.

Build a Healthy Plate for Your Child

To find what your child needs each day just follow these 3 easy steps:

1. Find how many calories your child needs each day.
2. Find how much of each food group your child should eat each day.
3. Choose foods from each food group to offer your child.

To show you how to apply these 3 steps, let's use an example child, Nathan, a 4-year-old boy who plays actively 30–60 minutes a day. *You* can then determine *your* child's nutritional needs using these same 3 steps.

How to Raise a Healthy Eater

The Seven Rules for Healthy Eating

You know it's important for your little one to develop good lifelong eating habits. The Seven Rules for Healthy Eating will provide you with the tools you need. They explain what **you are in charge of** and **what your child is in charge of**.

Seven Rules for Healthy Eating

- 1. Responsibility**—a parent's responsibility is to provide nutritious food and regular mealtimes and snack times; a child's responsibility is to decide how much to eat.
- 2. Respect**—respect a child's need to be cautious about trying new foods.
- 3. Resist**—resist power struggles.
- 4. Reinforce**—reinforce good eating habits.
- 5. Replace**—gradually replace fluids with solid foods as your toddler matures.
- 6. Recognize**—learn to recognize correct portion sizes.
- 7. Relax!**

1. Responsibility

A parent's *responsibility* is to provide nutritious food and regular mealtimes and snack times. A child's *responsibility* is to decide how much to eat.

- ▶ Allow your child to determine **how much** to eat to satisfy hunger. We all have times when we are less hungry. Even infants know when they have had enough. They will turn their heads, push the spoon or food away, or protest verbally.
- ▶ Decide **where** your child should eat. Give food only at the table and don't allow running around while eating.
- ▶ Let your child make choices from a variety of good foods that you provide.
- ▶ Avoid coaxing, bribing, playing games, or force-feeding. Instead you can say, "**Make sure your tummy is full before you leave the table.**"



- ▶ Encourage outdoor play. Children enjoy playing outside or taking walks in all kinds of weather. Just make sure they are dressed appropriately.
- ▶ Don't overuse the stroller. Encourage your child to walk whenever it is safe.
- ▶ Walk instead of driving when possible.
- ▶ Consider enrolling your child in gymnastics, swimming, or dancing lessons.
- ▶ Make sure your child's preschool or daycare encourages active play.

What to Feed Sick Kids

The information in this pamphlet is not intended to be personal medical advice. Please consult your doctor **if you need specific medical advice. If you think you have a medical emergency, call 911 immediately.**

It can be hard enough to find things that healthy toddlers will eat. When they're sick, it's even worse. You're already stressed without having to worry about what food is best.

Cold, Cough, or Croup

Colds, coughs, and croup are also called URIs or upper respiratory infections. The symptoms may include fever, cough, runny or stuffy nose, and sore throat. These symptoms cause your child to need extra liquids. A stuffy nose may also affect the ability to smell food, resulting in a reduced appetite. A sore throat may make swallowing uncomfortable. What's a parent to do?

Tips for feeding children with cold, cough, or croup:

- ▶ **Stuffy noses**—when infants have stuffy noses they often have trouble nursing or feeding from a bottle. Putting a few drops of saline in the nose then suctioning with a bulb syringe may help. For older children use saline nose spray. Saline drops and sprays can be purchased at the drug store.
- ▶ **Stuffy noses and coughs**—warm liquids such as soups and hot chocolate may be comforting and may make breathing easier. It is fine to allow a child with a cough or a cold to have milk. It does not increase mucous.
- ▶ **Sore throats**—cold liquids and soft foods such as yogurt, applesauce, finger gelatin, pudding, ice cream, frozen fruit bars, and canned fruits can soothe a sore throat.

Recipes and Tips

Orange-Banana Milk

This milk is packed with nutrition! It is a great way to sneak fruit into a picky toddler's diet or to disguise milk.



cook's tip:

This is a good way to use bananas that are getting too ripe. Peel and place bananas into a freezer bag until ready for use.

1²/₃ cups milk

¹/₃ cup frozen orange juice concentrate

¹/₂ medium banana

1 tablespoon wheat germ (optional)

1. Place all ingredients in blender.
2. Cover and blend until foamy.
3. Serve immediately or the banana will cause drink to turn brown.

Yield: 3 cups

MyPlate servings: ¹/₂ cup provides ¹/₄ cup fruits, ¹/₄ cup dairy—68 calories.

Orange Cooler

A homemade version of an Orange Julius.



tot quote:

"I used to be picky, picky, picky."

¹/₂ cup milk

¹/₂ cup water

¹/₃ cup frozen orange juice concentrate

¹/₃ cup crushed ice or 2 ice cubes

1 tablespoon sugar (optional)

1 teaspoon vanilla

1. Place all ingredients in blender.
2. Cover and blend until no ice chunks remain.

Yield: 2¹/₂ cups

MyPlate servings: ¹/₂ cup provides ¹/₄ cup fruits, less than ¹/₈ cup dairy—53 calories.