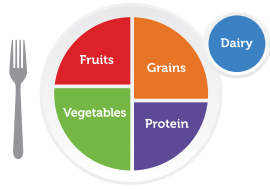




Start *simple*
with MyPlate



Healthy Eating for Toddlers

Healthy eating is important at every age. Offer toddlers a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and lower in sodium and avoid added sugars. Start with these tips:



Provide foods full of nutrients

Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Avoid foods and beverages with added sugars and choose those with lower sodium.



Look for cues

When children are hungry, they usually let you know. But fullness cues are not as obvious. Children may be full if they push food away, close mouth, turn head away from food, or make sounds to let you know. Recognizing and responding to these cues helps children learn how to self-regulate their intake.



Prevent choking

Have toddlers sit at a table for meals and snacks and not wander around with food in their mouth. Foods such as hot dogs, candy, nuts and seeds, raw carrots, grapes, popcorn, and chunks of peanut butter can be choking risks. See the [USDA Team Nutrition worksheet](#) for more.



Drinks matter too!

Did you know the only beverages your toddler needs are water, milk, and, if available, breast milk? Avoid drinks with added sugars like soda, flavored milks, juice drinks, and sports drinks.



Try new foods

Try serving a new food alongside a familiar food in the same meal. It may take up to 8 to 10 tries for a child to accept a new food.



Serve safe food

Help your child learn to wash their hands before eating. Only serve foods that have been cooked properly and avoid serving your toddler unpasteurized (raw) juice or milk.



Dietary
Guidelines
for Americans

Go to [MyPlate.gov](#) for more information.

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**The benefits of healthy eating
add up over time, bite by bite.**

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