

## Feeding Your Child After Their First Birthday

Nutrition Education Adapted from the 2020-25 Dietary Guidelines' New Chapter on Infant and Toddler Nutrition

### Choose Nutrient-Dense Foods from Each Food Group:



#### Fruit



- All fresh, frozen, canned in 100% fruit juice, and dried fruits
- **Examples:** apples, pears, oranges, grapefruit, berries (i.e., blueberries, raspberries, strawberries), bananas, melons, peaches, plums, raisins, papaya, pomegranate
- Encourage whole fruits, limit fruit juice to 4 ounces per day

#### Dairy



- All fluid, dry, or evaporated milk (includes lactose-free/reduced products and fortified soy beverages)
- **Examples:** milk, buttermilk, yogurt, kefir, frozen yogurt, ice cream, cheese
- Limit cream, sour cream, and cream cheese

#### Protein



- **Meats, Poultry, Eggs:** beef, goat, lamb, pork, chicken, duck, goose, turkey, organ meats, chicken eggs and other birds' eggs
- **Seafood:** anchovy, black sea bass, clams, cod, crab, flounder, haddock, lobster, oyster, salmon, sardine, scallop, shrimp, sole, squid, light tuna | \*avoid seafood high in mercury
- **Nuts, Seeds, Soy:** tree nuts, peanuts, nut butters, seeds, seed butters, tofu, tempeh, soy protein isolate, soy concentrate

Following healthy dietary patterns early on is important for maintaining proper growth, nutritional needs, and reducing the risk for chronic disease later in life.

You can help your child establish healthy eating habits by encouraging them to eat a variety of nutrient dense foods from all the food groups. You can start by replacing less healthy snacks and ingredients with nutrient-dense alternatives!

- **Dark Green Vegetables:** broccoli, bok choy, collards, kale, mustard greens, spinach
- **Red & Orange Vegetables:** carrots, pumpkin, squash, bell peppers, sweet potatoes, tomatoes
- **Beans, Peas, Lentils:** black beans, garbanzo beans, edamame, kidney beans, lentils, split peas, pinto beans
- **Starchy Vegetables:** plantains, white potatoes, corn, yam, yucca, water chestnuts
- **Other Vegetables:** avocado, asparagus, beets, Brussels sprouts, cauliflower, green beans, eggplant, cucumber, turnips, seaweed

#### Veggies

- **Whole grains:** brown rice, oats, quinoa, whole-grain cereals/crackers, dark rye, barley (not pearled), whole-grain cornmeal, whole-wheat bread
- **Refined grains:** white rice, white breads, refined-grain cereals/crackers, pasta, cream of wheat/rice, corn grits
- Encourage whole grains, limit refined grains

#### Grains



#### Dietary Components to LIMIT:

- Processed meats (e.g., cold cuts)
- Foods with high sodium content
- Food containing added sugars
- 100% fruit juice, even if it doesn't have added sugar



#### Dietary Components to AVOID:

- Sugar-sweetened beverages (e.g., soda, juice drinks, sports drinks)
- Caffeinated beverages
- Alcoholic beverages
- Seafood with high mercury content
- Loose nuts and other choke-risk foods