

Healthy Eating for Your One-Year Old

You have reached a very important milestone in your child's development, Congratulations! Now that your little one has reached the one year mark, providing adequate nutrition requires a little more work and creativity. For the first year, infant formula and fortified cereals provide many of the building blocks of a healthy diet. As your child grows and their diet begins to vary, making sure they are getting plenty of vitamins, minerals, protein and fiber requires planning and dedication. There are also other changes that can be made as your child turns one.



The Basics:

At one year of age your child can:



- Say goodbye to their baby bottle. Bottle-drinking has been shown to add to tooth decay, especially when children are fed juice or other sweetened beverages by bottle. This is an excellent time to change to a sippy-cup or regular cup with straw.
- Change from breastmilk or infant formula to cow's whole or 2% milk, soy milk, or rice milk. Full-fat milk continues to provide fatty acids that are needed for brain development, but 2% may be used if the child is receiving other good sources of fat in their diet.
- Eat egg whites. Children under the age of one are told to avoid egg whites, as the protein is difficult for their young digestive systems to handle. Eggs provide an excellent source of protein and fat for your growing child as well.
- Enjoy the sweet taste of honey. Honey is restricted in infants as it may contain food borne bacteria botulinum. Children over the age of one can also enjoy small amounts of other unpasteurized products including fresh squeezed juice and apple cider.

Getting Started:

- Remember to always add one new food at a time. New foods can be introduced every 3-5 days.
- Be sure to provide adequate portions of meat, poultry, and fortified grains to ensure your little one is getting enough iron.
 - Your one year old needs about 1 ounce of protein for every 10 pounds of body weight (2 ounces for your 20 pound child.) Remember 3 ounces of a protein food like chicken, meat or cheese looks like a deck of cards.
- Encourage a diet high in fiber (fruits, vegetables, whole grains, and beans) to help with constipation which is common in toddlers.
 - Your one year old needs about 6 grams of fiber per day.
- Encourage daily activity and exercise. It is never too young to teach your children about the importance of moving their bodies

