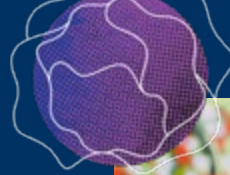


EAT WELL LIVE WELL

Healthy eating for every life stage



1-3
YEARS

HEALTHY EATING FOR TODDLERS

Toddlers have high energy and nutrient needs due to their rapid growth and development. Lifelong eating habits are also being established at this time, so encourage them to eat and enjoy a wide variety of healthy options from the five food groups.

COMMON CHALLENGES AND HELPFUL TIPS

Fussy eating

It's normal for toddlers to test their independence by refusing certain foods. Learning to accept new foods can take time, so try offering rejected foods again another day. Be patient - it could take up to 15 attempts!

Encourage new foods by:

- Creating a relaxed environment with minimal distractions
- Serving new foods with others your child likes
- Setting a good example and trying new foods with them
- Avoiding using food as a reward or punishment

Unpredictable appetite

Parents often worry about young children not eating enough at mealtimes but it's normal for a toddler's appetite and food intake to vary. Toddlers have little tummies that benefit from small, regular meals and snacks that provide the energy they need throughout the day. Let them decide how much to eat and don't worry if they can't finish everything on their plate.

Healthy snacks include:

- Fresh fruit
- Yoghurt
- Hardboiled egg
- Cheese slices or cubes
- Steamed vegetable sticks
- Homemade fruit or vegetable muffin
- Rice crackers with hummus or avocado
- Milk in a cup (reduced-fat milk is not recommended for children under 2 years old)

Introduce foods such as whole nuts, seeds, raw carrot, celery sticks and chunks of apple at 3 years old to prevent choking. Always offer water with meals and snacks instead of sugary drinks.



KEY NUTRIENTS

Our food and nutrition needs change as we grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your child's life stage.

Nutrient	Function	Food sources
Protein	<ul style="list-style-type: none"> Essential for growth and development Helps to fight infection and heal wounds 	<ul style="list-style-type: none"> Lean meat, poultry and fish Milk, yoghurt and cheese Chickpeas, beans and lentils Eggs
Fibre	<ul style="list-style-type: none"> Keeps bowel movements regular and reduces constipation Reduces the risk of chronic disease in later life 	<ul style="list-style-type: none"> Vegetables Fruit Bran Oats Nuts and seeds
Iron	<ul style="list-style-type: none"> Helps red blood cells carry oxygen around the body Improves energy levels 	<ul style="list-style-type: none"> Lean meat and poultry Iron fortified cereal Leafy greens Chickpeas, beans and lentils
Calcium	<ul style="list-style-type: none"> Required for normal growth and development of bones and teeth 	<ul style="list-style-type: none"> Milk, yoghurt and cheese Leafy greens Dried apricots



RAINBOW FRITTERS

Our tasty Rainbow Fritters are a great way to expose your toddler to a variety of different vegetables. They might also like to help you stir all the ingredients together and name the colours of the vegetables as you add them to the bowl.

Download the recipe at
www.geelongaustralia.com.au/eatwell