

Offer a variety of foods: Meals should include traditional food as well as food from the 4 food groups.

Make the most of the meal: Young children have small stomachs and can't eat too much at once. Make sure the little bit they eat for meals and snacks is healthy and really good for them.

Eat at regular times: Make time for meals and snacks so that your child does not feel rushed.

Make sure your child is comfortable at the table: Use a high chair or booster seat to help your child reach. Don't allow distractions – such as the television – when he is eating. Distractions make it hard for your child to know when he is full or hungry.

Prevent choking

Children under 4 years old should not be given jelly beans, popcorn, chips, hard candies, gum drops, raisins, whole grapes, fish with bones, large chunks of meat, nuts or hard raw vegetables.

Do not confuse the need for attention with the need for food: A child that is fed every time he cries or wants some attention will not learn the difference between being hungry and his other needs.

Do not force your child to eat: Let your child decide when he has had enough food. Allow him to serve himself sometimes.

Do not use food as a reward: For example, don't encourage him to finish what is on his plate in order to get a dessert. This tells him that sweets are more exciting than the meal, and can cause him to overeat.

Do not worry about changing appetites: Some days your child may eat a lot, and some days it may seem like he eats nothing at all! Don't worry – it will even out in the long run.

Do not give in to "picky eaters": Do not give junk foods or sugary drinks because you are worried that your child might not eat anything else! Keep offering him a choice of healthy foods instead.

CH-37

Version française disponible



Feeding your Baby

1 to 2 Years Old



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Liquids

When baby turns one, she can start to drink cow's milk from a cup. Remember the bottle should be stopped by now!

At 1 year: give 3,25 % (homo) milk

At 2 years: give 2% or 1% milk

Your child should not have more than **24 ounces of milk a day**. Drinking more than this will fill up her small stomach and she won't be hungry for other healthy foods. **If she is still thirsty you can give her water.**

What about juice?

Your child **doesn't need juice**. Juice contains a lot of sugar. Fresh fruit is the healthy way for children to get vitamins and fiber. If you want to offer some juice, give no more than **4 ounces a day** of 100% real fruit juice.

Mix the juice with water to make it less sweet.

Fruit punch, powdered crystals, sports drinks, iced tea and soda pop **are not healthy choices**.

Solids

Your child can try almost every food the family eats. She should also be eating her 3 meals a day with you and 1 or 3 snacks.

Try to give your child small portions of different foods that are interesting colours and shapes.

Encourage her to try to use her spoon and to drink from her cup. As she gets older she will use her fingers less and her cutlery more.

Bannock, breads & cereals

5 servings every day

Child-size serving

Whole grain toast or bannock (cut into small squares)

1/4 to 1/2 slice

Cooked brown or white rice **2 to 4 tablespoons**

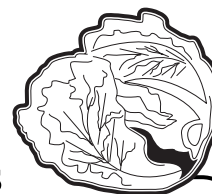
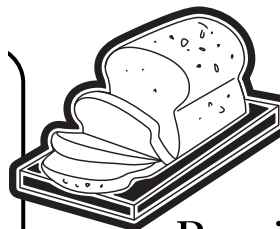
Cooked whole wheat pasta (spaghetti, macaroni and other noodles)

2 to 4 tablespoons

Hot cereals (porridge) **3 to 5 tablespoons**

Cold cereals (with milk): Nutrios or Cheerios

1/4 to 1/2 cup



Berries, fruit & vegetables

Serve 2 fruits and 3 vegetables every day

At this age the size of one serving is 1 to 3 tablespoons

Fresh berries

Soft, ripe fruits

Soft raw vegetables (like cucumber, mushroom, tomato, avocado)

Soft, cooked vegetables (like broccoli, cauliflower, green beans, cabbage, carrot)

Meats & alternatives

2 servings every day

At this age for the following food, the size of one serving is 1 to 3 tablespoons

Soft, cooked game, meat and chicken (cut into small pieces)

Fish cut in small pieces with bones removed

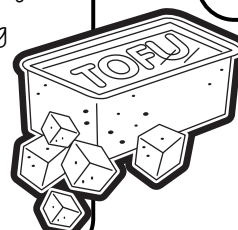
Fish eyes

Beans and peas (baked beans, kidney beans, chickpeas). Note: serve chickpeas slightly crushed with a fork to prevent chocking

Tofu cubes

1/2 Boiled egg

Peanut butter (if no family allergies)



Milk & other calcium sources

4 to 5 servings every day

Child-size serving

Milk

1/2 cup (4 ounces)

1 serving every day of either

Yogurt

1/2 cup

Cheese

one inch cube (size of your thumb)

