

# Children Are What They Eat

Is your toddler eating healthy food? Recent studies tell parents that potatoes, mainly French fries, are the vegetable that most toddlers eat. Studies also show that 42% of kids between 15 months and 2 years eat fast food everyday.

Healthy foods help kids grow up healthy. Toddlers should drink more milk and water than juice. A two-year-old should not have more than 4 or 5 ounces of juice per day.

Toddlers will eat better if they sit at a table for meals. Do not serve your toddler meals while he is watching TV, running around or playing.

Plan ahead before you give her a new healthy food. Be creative. Hide cut-up vegetables under cheese on a pizza. Cut fruit into fun shapes, and dip it in peanut butter. Read about the new food plate and the foods in each group.

Make meals fun and healthy for your children.



## Every day your toddler should eat small portions that include:

- 3 servings of grains such as 10 ounces of cereal, ½ cup of pasta or 1 pancake.
- 2 servings of vegetables - ½ cup of cooked vegetables or 1 cup of salad.
- 2 servings of dairy products - 1 cup of yogurt or 1.5 ounces of natural cheese.
- 2 servings of meat - 1 ounce of chicken or ¼ cup of tuna, and
- 2 servings of fruit - ½ cup of cut-up fruit.

**Children under two should eat smaller servings.**



Visit <https://www.choosemyplate.gov/> for fun meal and snack ideas.

*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

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HSHS St. John's Hospital