

One year-olds have uneven appetites. It is normal for them to eat very little one day, then a large amount the next day.



Meal Tips

- Make mealtime an enjoyable experience. Avoid criticism and power struggles over food.
- If your child is a picky eater or refuses to eat, continue to offer healthy snacks.
- Ask your medical professional about giving your child a multivitamin and mineral supplement.
- Offer three well-balanced meals and snacks as needed.
- Encourage a variety of foods, but do not panic if your child insists on eating only certain foods.
- Serve fresh fruit instead of fruit juices and fruit drinks.
- Serve portions on smaller plates.
- Read food labels.
- Use low-fat cooking methods: bake, broil, grill, steam, or poach. Use healthy fats (canola or olive oil) in cooking and remove chicken or turkey skin before serving.
- Do not force your child to finish all of the food on the plate.
- Limit “junk foods,” such as soda, chips, cookies, candy, and fast food.
- Children under age 4 can choke on foods such as hot dogs, popcorn, nuts, raw carrots, grapes, and hard candy.

Physical Activity for 1 Year-Olds

Help your child develop healthy habits:



- Limit TV to no more than one hour per day. Do not put a TV in your child’s bedroom.
- When your child is able to walk by himself, show him how to walk backward, walk up steps and stand on his toes.
- A fun activity for a one year-old is to roll a ball back and forth with her parents.

References:

American Heart Association, et al. Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. Pediatrics 2006, 117, 544-559.

Cooper, Kenneth. *Fit Kids*. Nashville: Broadman & Holman Publishers, 1999.

Mahan, L. Kathleen, and Escott-Stump, Sylvia. *Krause’s Food, Nutrition and Diet Therapy*. Philadelphia: W. B. Saunders, 2004.

Age-Appropriate Serving Sizes

Milk Serving Sizes (3–4 servings/day)

Cheese	1/2 oz.
Yogurt	1/2 cup
Milk	1/2 cup (4 oz.)

(Whole milk until age 2)



Meat Serving Sizes (1 1/2 oz/day)

Beans	1/8 cup (1/2 oz.)
Beef, poultry, fish (cooked)	2 tbsp. (1/2 oz.)
Egg whites	1 (1/2 oz.)
Egg	1/2 (1/2 oz.)



Grain Serving Sizes (4 or more servings/day)

Bagel	1/8
Bread	1/2 slice
Cereal, cold	1/3 cup
Cereal, cooked	1/4 cup
Crackers, graham	1 1/2 squares
Crackers, saltine	3
Pasta, cooked	1/4 cup
Rice, cooked	1/4 cup
Tortilla, corn	1/2



Offer whole-grain foods every day

(e.g.- oatmeal, whole wheat bread, brown rice)

Vegetable Serving Sizes (3 or more servings/day)

Cooked vegetables 2–3 tbsp. (1/4 cup)



Fruit Serving Sizes (4 servings/day)

Fresh fruit 1/4 small
Canned fruit,
no sugar added 2–3 tbsp. (1/4 cup)



Fat Serving Sizes (2–3 servings/day)

Avocado, small 1 tbsp.
Cream cheese 1/2 tbsp.
Margarine, soft 1/2 tsp.
Mayonnaise 1/2 tsp.
Salad dressing 1/2 tbsp.
Sour cream 1/2 tbsp.

Encourage children to drink water. Children should not quench their thirst with soda pop, fruit drinks, or fruit juices.

Depending on their amount of physical activity, children may eat more or less than the recommended amount of food in the sample well-balanced diet.

Sample Well-Balanced Diet: Age 1 Year

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime Snack
<p>1/2 slice wheat toast</p> <p>1/4 cup canned peaches</p> <p>1/2 cup whole milk</p> <p>1 scrambled egg (scrambled with cooking spray)</p>	<p>1/2 cup whole milk</p> <p>1 1/2 graham cracker square</p>	<p>1/2 slice whole wheat bread</p> <p>3 tbsp. cooked broccoli</p> <p>1/2 small orange</p> <p>1/2 cup whole milk</p> <p>1 oz. roasted turkey</p> <p>1 tsp. mayonnaise</p>	<p>1/2 small apple</p> <p>3 tbsp. carrots</p>	<p>1/4 cup cooked rice</p> <p>3 tbsp. cooked spinach</p> <p>1/4 small mango</p> <p>1/2 cup whole milk</p> <p>1/2 chicken leg (skinless)</p> <p>2 tbsp. avocado</p>	<p>1/4 cup canned pears</p>