

# Prescription for Health for: \_\_\_\_\_

Simple ways to keep your 1 year old healthy:



## Eating and Drinking

- Offer fresh whole milk or enriched soy milk. 1 serving= 4 oz, limit to no more than 4-5 servings a day.
- Introduce sippy cup & start weaning from bottle, if you haven't already.
- Juice is not recommended. Other sweet drinks like smoothies or vitamin water are not appropriate for your child.  
If you do give your child juice, limit it to 4 oz. in a day, served in a cup, not a bottle. Make sure the label says "100% whole fruit juice."

- Explore new vegetables with your child. *My child's favorite vegetable is:* \_\_\_\_\_.
- Praise your child for trying new foods, but let him or her decide how much to eat.
- Use the plate method to keep your child's meals balanced and healthy eating.
- Eat as a family, keep the TV off!



## Growing and Playing

- Play and be active with your child everyday.
- On weekends, take a family outing to a local park, describe the settings to help your child learn new words.
- Introduce a new word each day. As your baby starts to talk listen and expand on what they are saying.

- Play music and dance with your child.
- Read together for 15 minutes a day. My child's favorite book is: \_\_\_\_\_.
- Play games: hide-n-seek, mini obstacle course, chase.



## Screen time

- Avoid TV, computer and video games. Even "second-hand TV" is not recommended. Children learn best through play.
- Keep TV in the living room and not in the bedroom.

## More healthy ideas

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\_\_\_\_\_  
**Provider Signature**

### Want to learn more?

Visit [kp.org/mydoctor](http://kp.org/mydoctor) for information and tools our pediatricians recommend. Sign up for [kp.org](http://kp.org) and the Healthy Kids Online Newsletter, and set up access to manage your family's health online.

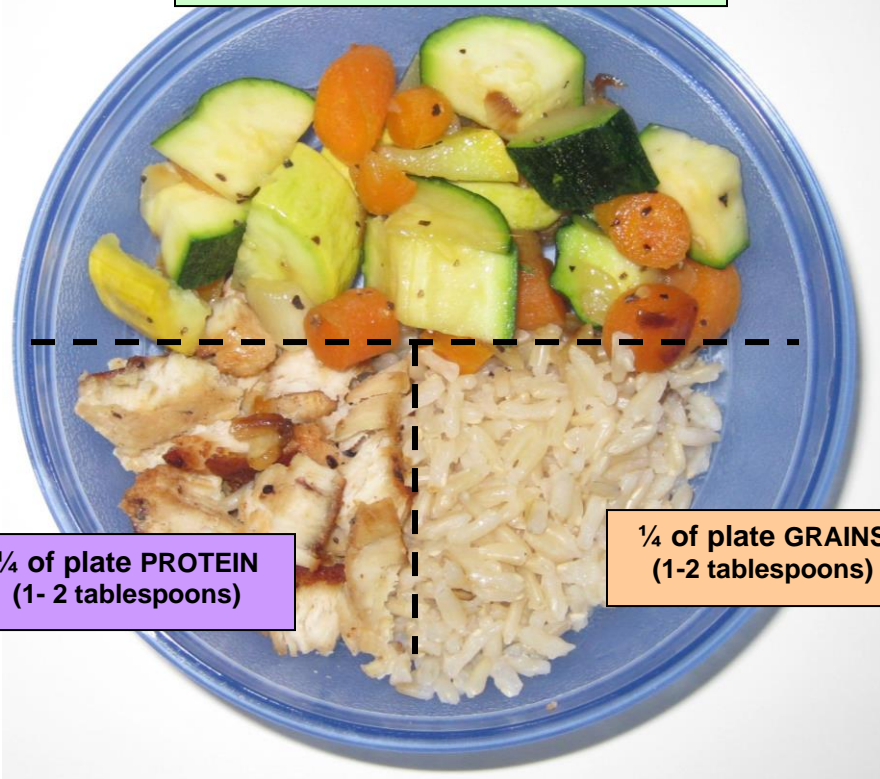
**1 year Happy Birthday class**-Free group scheduled with 1 year doctor visit. Topics: nutrition, growth & development, sleep and resources for families. Please call 510-784-2093 to register.

Visit the **Pediatric Health Education Desk** for more information on how to keep your 1 year old healthy.

# Make the Plate Method Work for Your 1 Year Old

A simpler way to choose healthy portion sizes for your child

**½ of plate VEGETABLES and FRUITS  
(2-4 tablespoons)**



**¼ of plate PROTEIN  
(1- 2 tablespoons)**

**¼ of plate GRAINS  
(1-2 tablespoons)**

**Actual size plate for 1 year old (about 4 ½ inches wide)**

**Which of these foods has your child tasted?**

**Vegetables:** broccoli, cauliflower, spinach, kale, chard, beets, asparagus, zucchini, squash

**Fruits:** strawberries, peaches, pears, bananas, kiwi, mangoes, papaya

**Protein:** chicken (poultry), fish, lean red meat, eggs, beans, lentils, tofu

**Grains:** whole wheat bread, brown rice, whole wheat pasta, plain oatmeal

**Dairy:** whole milk, soy milk, cheese, plain yogurt

*(If you are concerned about food allergies, please consult with your pediatrician.)*



**4 oz of whole milk**

## Healthy snacks for a 1 year old:

- 1 oz cheese
- 1 low fat string cheese
- 2 tablespoons diced raw cucumber
- 2 tablespoons diced cooked carrots
- 2 tablespoons low fat cottage cheese
- 2 tablespoons chopped fresh fruit or ¼ whole fruit
- 1/3 cup cheerios
- 1 boiled egg
- 2-3 whole grain crackers
- 2 tablespoons cooked beans
- 4 oz plain yogurt
- ¼ slice bread