

Prescription for Health

Simple ways to keep your 1-year-old healthy



Kaiser Permanente • Southern Alameda County • Health Education Department

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. 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. whole fruit juice, once in a while.*
- Explore new vegetables with your child.
- 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.
- 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.

Affirming Talk with your Child

- "I Love You." "You are the best thing in my world." "You are so important to me." "I am always here for you."

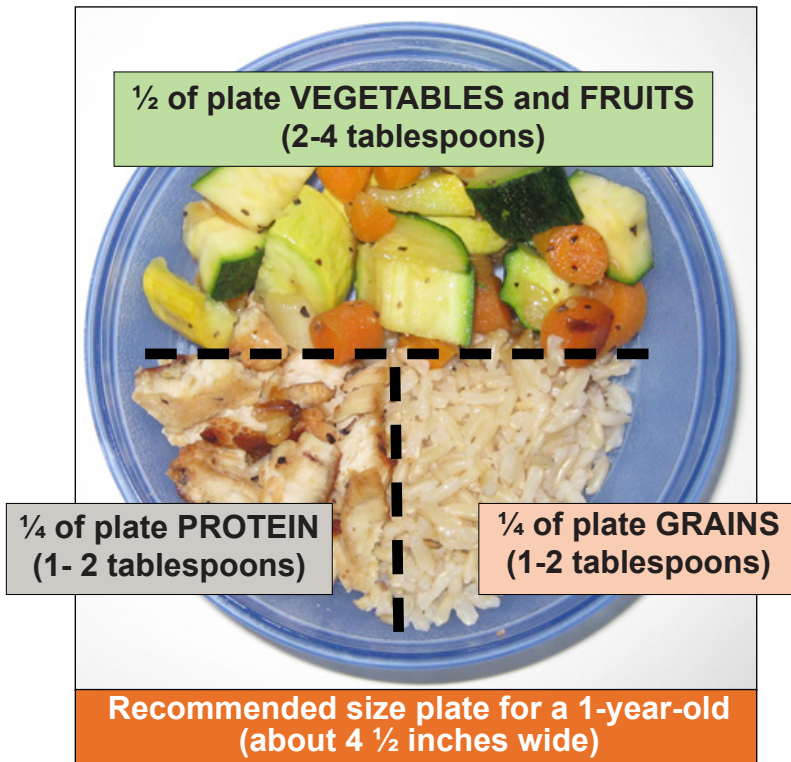
Provider Signature

Want to learn more?

Register for kp.org and visit your Doctor's Homepage. Sign up for Healthy Kids Online Newsletter. **Thriving Toddler Class.** Families learn about improving nutrition and increasing activity. To register, call the Healthy Living Center at 510-248-3455 or 510-454-4531.

Make the Plate Method Work for Your 1-Year-Old

A simpler way to choose healthy portion sizes for your child



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.)

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 1/4 whole fruit
- 1/3 cup cheerios
- 1 boiled egg
- 2-3 whole grain crackers
- 2 tablespoons cooked beans
- 4 oz plain yogurt
- 1/4 slice bread