

Healthy Eating for Toddlers

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Objectives

- At the completion of the lesson, at least 75% of participants will be able to define what healthy eating is for a toddler on a post-test.
- At the completion of the lesson, at least 75% of participants will be able to list at least one healthy snack for toddlers on a post-test.

Ice-breaker

Answer these questions in a class discussion.

What is healthy eating for a toddler?

What is at least one healthy snack for a toddler?

What is Healthy Eating for Toddlers?

- Healthy eating for toddlers are meals and snacks, that include a variety of foods from all of the different food groups.
 - These meals and snacks include items from breakfast, lunch, and dinner.

There are Five Food Groups:

Fruits:

Fleshy and sweet creations from trees and plants

Vegetables: Edible parts of plants that have roots, stems, or leaves.

Protein: Essential nutrients for the body

Grains: Tiny hard seeds

Dairy:

Food made from milk

Fruits

- Serve a rainbow of choices.
- Limit fruit juices.
- Choose between fresh, frozen, dried, or canned fruits.

Strawberries, blueberries, honeydew, watermelon, apples, bananas, oranges, grapefruit, and pears.

Vegetables

- Serve a variety of colorful options.
- Choose from fresh, canned, or frozen vegetables.

Lettuce, cucumbers, green beans, peas, carrots, and broccoli.

Grains

- Make half of grains whole grains.
- Vary the options for whole grains.
- Choose options wisely for hot cereals, toast, and rice. (Instead of regular full-fat cheeses, try low fat cheeses).

Rice, oats, seeds, and quinoa.

Proteins

- Choose a variety. (lean meats, beans, seafood, etc.)
- Limit high processed foods such as: hot dogs, fish sticks, and chicken nuggets.

Eggs, chicken, beef, shrimp, fish, and nuts.

Dairy

- Choose low fat and fat free milks. (Almond, 2% milk).
- Low-fat yogurt and cheese provides calcium for toddlers
- Blend dairy into smoothies with fruits as a healthy snack option.

Milk, cheese, and yogurt.

Questions to ask audience:

- a. What is healthy eating for toddlers?
 - A variety of foods from all of the different food groups.
- b. T/F: Frozen or canned foods should be avoided.
 - False
- c. Which protein should be eliminated?
 - Chicken nuggets
- d. T/F: Oats are a whole grain that is recommended.
 - True

Benefits of Healthy Eating for Toddlers

- Growth
- Brain development and function
- Organ function
- Healthy weight
- Strong bones and teeth (a diet with enough calcium and magnesium is essential for children).
- Improved memory and gut health.

How often you should feed your toddler

- Toddlers need three meals throughout day and 2-3 healthy snacks
 - Breakfast
 - AM snack
 - Lunch
 - PM snack
 - Dinner

Foods to Avoid

- Avoid giving toddler that they can easily choke on or food that are high in sugar in salt to avoid too much sugar and salt intake.
 - Popcorn, whole grapes, nuts, and raw vegetables
- Sugary sweets
 - Cookies, cake, soda
- Salty foods
 - French fries, chips, hotdogs

Examples of Healthy Meals & Ideas

Breakfast

Oatmeal:

- 1 oz of grains
- ½ cup of fruit
- ½ cup of dairy

Applesauce Topped Pancake:

- 1 small pancake
- ¼ cup of applesauce
- ¼ cup of blueberries
- ½ cup of milk

Lunch

Soft taco:

- 1 small tortilla
- ¼ cup of salad greens
- 2 Tbsp of chopped tomatoes
- 3 Tbsp of shredded cheese
- 1 oz of cooked ground beef or ¼ cup of refried beans

Bagel snake:

- 1 mini whole grain bagel
- ¼ cup sliced cherry tomatoes
- ¼ cup diced celery
- 1 ounce tuna
- ½ cup milk*

Dinner

Chicken & potatoes:

- 1 ounce chicken breast
- ¼ cup mashed potato
- ¼ cup green peas
- ½ small whole wheat roll ½ cup milk*

Spaghetti & meatballs:

- ¼ cup cooked pasta 2 Tbsp tomato sauce 1 meatball (1 ounce)
- ½ medium ear corn on the cob ½ cup milk*

Snack options & Ideas

Morning snack:

Option 1-

Frozen Graham cracker sandwich:

- 1 graham cracker (2 squares)
- 1/4 cup mashed banana
- 1/4 cup apple juice

Option 2-

- 1/2 slice cinnamon bread
- 1/2 large orange

Afternoon snack:

Option 1-

- 1/4 cup Vegetables
- 1/2 cup Dairy*

Option 2-

- 1/4 cup tomato juice
- 1 string cheese*

Make Eating Fun

Involve your toddler in food preparation

Cut food in fun shapes

Choose unique dishes and utensils

Make meals look bright and inviting (Add variety of fruits and vegetables)

Be a Role Model for your Toddler

Model healthy eating

- Parents can consume a healthy diet to encourage their child
- Parents who model healthy eating tend to pass the traits on to their children.
 - Children will learn to eat healthy while they're younger which can help prevent many chronic diseases in the future

Nutrition Tips and Healthy Eating for Toddlers



Video Discussion

1. What did you learn from the video?
2. What food did give up and will reintroduce your child to again?
3. How are you going to use these tips when feeding you child?

Post-knowledge Questionnaire

Please answer the following questions in a private chat to us

What is healthy eating for a toddler?

What is at least one healthy snack for a toddler?

Objectives We Should Have Achieved

- At the completion of this lesson, 75% of participants will be able to define what healthy eating for a toddler is on the post-test.
- At the completion of this lesson, 75% of participants will be able to list at least one healthy snack for toddlers is on the post-test.

Questions?

References

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