

12 months old

Child's name _____

Length _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

Any feeding concerns?

Is your baby eating as you expected?

Do you eat together as a family?

What foods does your child like to eat?

What does your child drink?

How well is the bottle weaning going?

Is your child allowed to stop eating when he or she is full?

Does your child watch TV? If so, how much?

Drinks ~

- All drinks should be served in a cup and serve milk at meals.
 - If juice is given, it should be 100% fruit juice and no more than 4-6 oz. per day.
 - Water is best if your child is thirsty.
 - Avoid sweetened drinks like fruit punch and soft drinks.
 - Ask about Vitamin D supplementation.
- For more information talk to your doctor or healthcare professional.

Be Active

- Encourage crawling and walking.
- Play with your child – encourage push toys and enjoy simple ball games.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:

Feeding Advice

- May start whole milk* in a cup. Offer ½ cup (4 oz.) serving at each meal for a total of three to four - ½ cup servings per day.

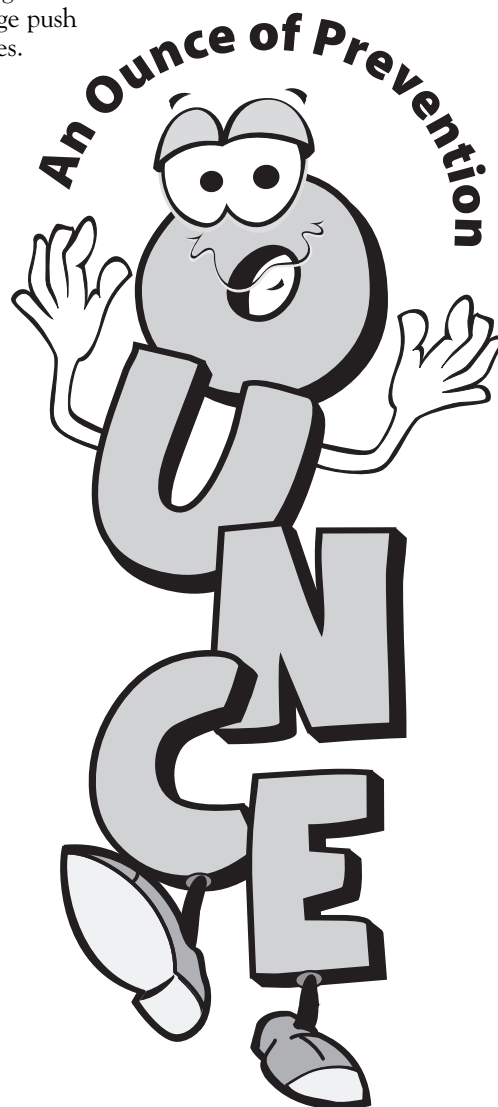
– OR –

- May continue breastfeeding or offer iron-fortified formula in a cup at each meal.

**Talk with your pediatrician or registered dietitian to determine if reduced fat (2%) milk should be used instead of whole milk.*

Table Time Tips ~

- 3 regular meals and 2-3 planned snacks per day.
- Fruits & Vegetables – ½ cup fresh, frozen or canned, 4-6 servings per day.
- Bread, cereal, rice, pasta – ½ slice or ¼ cup, 5-6 servings per day.
- Meat, poultry, fish & eggs – 1 ounce, ¼ cup cooked or 1 egg, 2 servings per day.
- Milk, yogurt – ½ cup; cheese – ½ oz., 3-4 servings per day.
- Eat together as a family and allow your child to feed themselves.
- Don't force your child to eat. Your child's growth is slowing down, some days your child will eat less than other days.
- DO NOT use food as a comfort or reward.



is Worth a Pound



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