

## MAKING HEALTHY MEALS

- Whole grain cereals, bagels, or oatmeal with fruit for breakfast
- Dairy: milk, yogurt, cottage cheese, cheese (whole milk until age 2, then skim or low-fat)
- Lean beef, pork or lamb – twice a week or less
- Fish, turkey, chicken, tofu, or beans for protein
- Salads with dark green lettuce, carrots, tomatoes with oil & vinegar dressing
- Whole-grain bread, pasta, tortillas, bulgur wheat, barley, steel cut oats
- Fruits and vegetables at every meal, especially green and orange veggies
- Beans: lentils, pinto, kidney, black, cannelli, etc. cooked with little fat
- Brown and wild rice (far better than white rice)
- Eggs (up to three per week)
- Cook with olive or canola oil
- Fresh or frozen fruit, applesauce or yogurt for dessert

## HEALTHY SNACKS

- Fruit: apple, orange, peach, plum, banana, pear, kiwi, mango, melon, berries, applesauce, pineapple
- Vegetables: carrot, celery, tomato, cucumber, broccoli, cauliflower, jicama
- Dried fruit: raisins, banana chips, cranberries, apricots, mango
- Low- or non-fat yogurt, soy-gurt or string cheese
- Salsa or guacamole (skip the sour cream), with baked chips or pita bread
- Cooked lean meat (cubed or sliced)
- Low-sugar, whole-grain cereals
- Fig bars, ginger snaps, animal crackers, or low-sugar, low-fat granola bars
- Whole-wheat or brown rice crackers
- Frozen 100% fruit juice bars or fruit smoothies
- Banana, zucchini or carrot oatmeal breads
- Whole wheat bagels with cream cheese, peanut butter or tofu spread

## FUN TODDLER ACTIVITIES

- Hide-and-seek
- Playing tag
- Tumbling
- Building a pillow fort
- Using cardboard boxes for imaginary play (ships, cars, rockets, robots, etc.)
- Building with blocks
- Blowing bubbles
- Finger play and clapping games
- Acting out stories
- Painting
- Playing with shaving cream in the bathtub
- Playing dress-up
- Sandbox play
- Drawing with pavement chalk
- Riding a tricycle
- Playing ball
- Picking flowers
- Looking for bugs
- Stomping in puddles
- Floating leaves in sidewalk gutters
- Dancing
- Swimming lessons
- Playing at the park or playground

If you have questions regarding your child's health or any item in this pamphlet, please ask your child's physician.



**LCHAY**

Lane Coalition for Healthy Active Youth

[www.lchay.org](http://www.lchay.org)

# Healthy habits for a healthy start



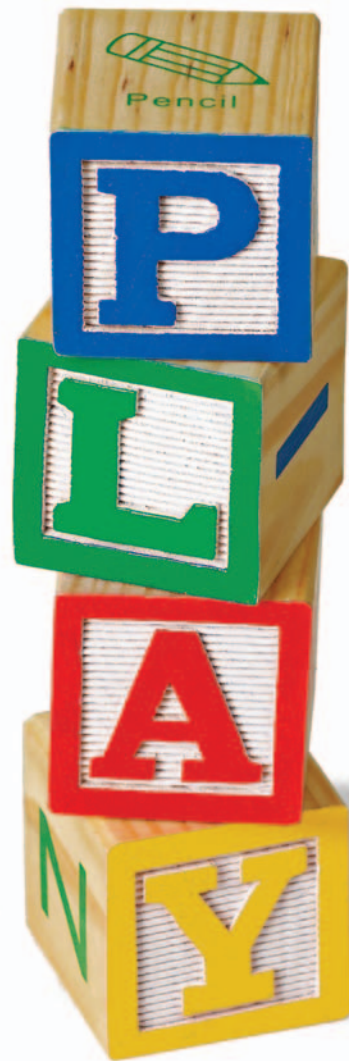
**23 NUTRITION  
AND ACTIVITY TIPS  
FOR INFANTS AND TODDLERS**

**Eating healthy foods and exercising daily are part of keeping your family fit. Establishing these habits early will help your baby and toddler stay healthy throughout life.**

**Start with a few changes and feel good about the fact that you are helping your family!**

### Before Your Baby is Born:

- 1. Get prenatal care as soon as you know you are pregnant.**
- 2. Look at your own eating and exercise habits.** Make sure you eat healthy foods and exercise daily. This will establish healthy weight gain for you and provide the best nutrition for your developing baby.
- 3. Plan to breastfeed your baby for at least the first year of life.** Breast is best! Breastmilk contains the best nutrients for your baby and keeps your infant from gaining too much weight. Your doctor, midwife, WIC staff or La Leche League can help you nurse successfully.
- 4. Don't know how to cook?** Learn by taking a class, asking a friend, or checking a cookbook out of the library. Nothing beats a healthy home-cooked meal!



### Infancy: The First Year of Life

- 5. Breastfeed your baby through the first year of life and beyond, if possible!** See #3.
- 6. Learn to read your baby's feeding cues.** Mouthing motions, "rooting", hand-to-mouth movements, wide-eyed eagerness are signs of a hungry infant. Babies are less likely to over-feed if you respond to them early. Allow your baby to stop when he/she loses interest.
- 7. Babies should not drink juice or soda.** These drinks are high in sugar and provide little nutrition. Bottles should be used for breast milk, formula and water.
- 8. Avoid having the TV on around your baby.** Babies develop healthier attachments when they are interacting with people.
- 9. Provide a safe environment for baby to crawl and explore.**



### Toddler Years: 1-3 Years of Age

#### Good Nutrition

- 10. Set a good example with your eating habits.** Eat meals made of foods high in fiber and low in fat. Eat five servings of fruits and vegetables a day. Avoid soda and sugary breakfast cereals. Try whole grain cereals or oatmeal with fruit.
- 11. Provide three meals and two healthy snacks each day at regular times.** Children thrive on routine.
- 12. Introduce new foods regularly as your child grows.**
- 13. Involve children in food shopping and fixing meals.** Cook with fresh ingredients as often as possible. Double recipes and freeze meals to save time and avoid the need for "fast food". Be creative, try new recipes, have fun!
- 14. Toddler portions should be about 2-3 tablespoons per item,** about the size of your child's palm.

- 15. Sit down together at a table for family meals.** Turn off the TV, share news, tell stories. This is great family time!
- 16. "Picky eaters" are very common at this age.** Don't expect your toddler to clean his/her plate. Toddlers go through cycles when they eat little or prefer certain foods. Keep it healthy and allow them to trust their own feeling of fullness.
- 17. Encourage toddlers to drink water when thirsty.** Limit 100% fruit juice to 6 oz. a day and try offering whole fruit instead. Avoid soda and sweetened juice drinks.
- 18. Have toddlers drink from a cup, instead of a bottle.**
- 19. Limit "junk food", "fast food", and frozen, store-bought meals.** These foods tend to be high in fat and low in vitamins and fiber. Limit the amount of junk food in the home. Stock fresh fruit and healthy snacks instead.
- 20. Reward children for good behavior** by reading together, taking a trip to the playground, going on a special outing, or allowing a new privilege. Avoid using food as a reward.

#### Limit Screen Time

- 21. Toddlers should avoid "screen time" (TV, videos, computer and video games).** Children this age learn by being active, exploring their environment and playing with other kids and adults. Reading together, quiet play and simple indoor games are healthier choices for needed "down time".

#### Physical Activity

- 22. Toddlers need lots of physical activity!** Help your child find ways to work off energy and play along with them whenever you can. (See back for ideas)
- 23. Make walking part of your daily routine.** Avoid taking the car if you can go by foot. Your child will love seeing the world from a stroller or pack, and you'll stay fit this way!