Kids Are What They Eat: Feeding & Nutrition for Toddlers

Created by
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Kids Are What They Eat

Funded by a generous community activity grant given to KenCrest Children and Family Services from the Philadelphia Department of Public Health

CSHCN: Children with Special Health Care Needs
With ideas & support from:

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Kids Are What They Eat

1. Why is good food important?
2. How much should little kids (toddlers and preschoolers) eat?
3. What are “food jags”? Why are some kids “picky” eaters?
4. Can I force my child to eat?
5. What foods are not safe for a young child?
6. What if my child has problems eating?
Good foods...

- Help your child grow (not too skinny and not too fat)
- Give your child energy to move and play
- Help your child’s brain grow, which helps the child learn new things
- Help your child stay healthy, and get better if they do get sick
Kids Are What They Eat

Good foods for kids:

1. Grains: crunchy cereal, oatmeal, whole wheat bread or crackers
2. Fruits: apples, bananas, melon, etc.
3. Vegetables: sweet potatoes, greens
4. Yogurt, cheese, milk
5. Chicken, beans, eggs
Roles & Responsibilities

Parent or Caregiver’s Responsibility:

- Decide **what food to buy and serve**.
- Choose the **time and place for eating**.
- Offer **right-size portions for child’s age**
- Have calm mealtimes

Child’s Role and Responsibility:

- Once the food is served, the child decides **what to eat**.
- Child decides **how much to eat**.

Ellyn Satter, RD © 2000
*Feeding with Love and Good Sense*
# How Much Should Little Kids Eat?

*About 1 tablespoon per age, of 3-4 different foods at each meal (5 small meals and snacks)*

## Toddlers – 1-2 years

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk/Fluid</td>
<td>¼-½ cup</td>
</tr>
<tr>
<td>Fruit/Vege</td>
<td>¼ cup (4T.)</td>
</tr>
<tr>
<td>Grains/Bread</td>
<td>⅓ slice; 2 T pasta</td>
</tr>
<tr>
<td>Meat/Protein</td>
<td>1 ounce, or ¼ cup beans, or ½ egg, or 4 oz yogurt, or 1-2 T peanut butter</td>
</tr>
</tbody>
</table>

## Preschoolers – 3-5 yrs

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk/Fluid</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Fruit/Vege</td>
<td>½ cup (4-8T.)</td>
</tr>
<tr>
<td>Grains/Bread</td>
<td>½ slice; ¼ c.pasta</td>
</tr>
<tr>
<td>Meat/Protein</td>
<td>1 ½ oz, or 1/3 c. beans, or 1 egg, or 6 oz yogurt, or 3 T peanut butter</td>
</tr>
</tbody>
</table>
What does that look like?

1 Cup = Baseball

¾ Cup = Tennis Ball

½ Cup = Computer Mouse

¼ Cup = Egg

3 Oz. = Deck of Cards

2 Teaspoons = Ping-Pong Ball

www.snacksense.com/.../optimal-snacking
“Sometimes” Foods

- Foods like cookies and cake, french fries, chips, bacon, & soda are OK sometimes, but not all the time.
- These foods are better than no food.
“Sometimes” Foods

• **Read labels!**
• **Drinks that look like juice may be mostly water + sugar**
• **May cause obesity and tooth decay**
• **Children should drink milk in some form, and water**
• **Check with your doctor or a nutritionist**

Sugary Drinks:
### Sugary Drinks

**Smart Label Reading**

1. **Reading the nutrition label**
2. **Taking a closer look**
3. **Does serving size matter?**
4. **Let's do the math**

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#### Nutrition Facts

**12 oz Can Mountain Dew**

- **Calories**: 170
- **Total Fat**: 0g (0%)
- **Sodium**: 70mg (3%)
- **Total Carb.**: 46g (15%)
- **Sugar**: 46g
- **Protein**: 0g (0%)

*Percent Daily Values based on a 2,000 calorie diet.*

**1 Liter Mountain Dew**

- **Calories**: 110
- **Total Fat**: 0g (0%)
- **Sodium**: 50mg (2%)
- **Total Carb.**: 31g (10%)
- **Sugar**: 31g
- **Protein**: 0g (0%)

*Percent Daily Values based on a 2,000 calorie diet.*
Food “Jags”

Sometimes kids want to eat just their favorite foods and nothing else.

• Keep offering new foods.
• Offer new foods when hungry.
• Put new foods on the child’s plate, or near the plate.
• It’s OK if the child doesn’t eat it—he should still see it many times.
Toddlers and young children....

Try things you wish they wouldn't, and won't try things you wish they would
Like to do things their own way
Can be stubborn
Toddlers and young children...

- Can be messy with their food
- Like to control their lives and their world
- Like to test limits
- Might taste food and spit it out
Picky Eaters & Problem Feeders

**Picky Eaters:**
- Don’t like all foods, but eat at least 20 foods
- Food jags sometimes happen
- Allow new foods on plate
- Eat at least 1 food from most all textures

**Problem Feeders:**
- Restricted food choices, eat less than 15 different foods
- Get stuck on food jags
- Cry and “fall apart” when new foods are offered
- Refuse entire categories of texture
Sometimes eating is hard work
Can I force my child to eat?

• No, it’s not a good idea. It may cause them to vomit in response, or resist eating.

• Offer and encourage eating food instead of drinking to get full.

• Let your child see YOU and other people eating.

• Help your child to be near food: see it, feel it, touch it, smell it, lick it, taste it, spit it out.
To help your child feel comfortable around food...

- Let her touch food
- Let her help prepare food
- Let him spread foods on bread
- Let him pour cereal
What foods may not be safe for a young child?

Foods that may cause choking include:

- Hot dogs (slice into thin strips)
- Raw carrots or celery (cook, then cut into strips)
- Nuts and seeds (use nut butters on crackers)
- Cherries or whole grapes (slice into smaller pieces)
- Raisins (soak in warm water to plump them first)
- Popcorn; round or hard candy; chewing gum

Do not let your child eat unsupervised!
Ideas for saving money on food

- Visit Farmer’s Markets in the summer and take the kids – it’s fun
- “Seasonable” usually = “Reasonable”
- Store brands usually cost less
- Buy frozen vegetables instead of fresh vegetables—they keep longer, less waste
- Buy on sale and stock up
Farmer's Markets

Farm to City is a Philadelphia-based program whose goal is to connect communities, families, and farmers year-round through good locally grown food.
More ideas

• Consider the WIC (Women, Infants, and Children) Program
• Food Stamps
• Volunteer time at a food Co-Op – for a few hours, get a quantity of food
• For extra support: SCAN (Supportive Child/Adult Network) in Philadelphia, or similar supports in suburbs
What if my child has problems eating?

- Make sure it’s safe for your child to eat and drink (medical tests may be necessary).
- Get support from your child’s team. They can suggest ideas.
- Different foods, or different ways of presenting the food may help.
- Eating is a social activity. Try to always eat with your child.
Some children need tube feedings to keep them healthy

Naso-Gastric tube
Tube goes in nose, through esophagus to stomach; short-term; easily removed.

Gastrostomy tube
Tube goes directly into stomach; more permanent than N-G.
Sometimes it’s fun to eat together...
...and sometimes it’s nice to feed someone else!

Thank You!
This is to certify that __________________________________________ has completed __________________________________________

1 Hour(s) of __________________________________________
(no breaks)

Kids Are What They Eat (name of training)

on __________________________________________ at KenCrest Online Training Module
(Date) (Location)

Created by: __________________________________________ Beth Alper, CCC-SLP

Provider Signature: __________________________________________