



12 months old

Physician Counseling Notes

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?

Feeding Advice

- May start whole milk* in a cup. Offer 1/2 cup (4 oz.) serving at each meal for a total of three to four - 1/2 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** – 1/3 cup fresh, frozen or canned, 4-6 servings per day
- **Bread, cereal, rice, pasta** – 1/2 slice or 1/4 cup, 5-6 servings per day
- **Meat, poultry, fish & eggs** – 1 ounce, 1/4 cup cooked or 1 egg, 2 servings per day
- **Milk, yogurt** – 1/2 cup; cheese – 1/2 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.

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

