



# 15 months old

## Physician Counseling Notes

### Food for Thought

- *Is your child still drinking from the bottle?*
- *Is your baby eating as you expected?*
- *Does your child feed him or herself?*
- *How much fruit punch, 100% juice, sweetened drinks or soft drinks does your child drink?*
- *Does your child let you know when he or she is full?*
- *What are your child's favorite playtime activities?*
- *Do you eat together as a family?*

### Feeding Advice

- **Make sure your child is completely off the bottle and is drinking from a cup.**
  - Whole milk – 1/2 cup (4 oz.) 3-4 servings per day. Talk with your pediatrician or registered dietitian to determine if reduced fat (2%) milk should be used instead of whole milk. Serve milk at meals.
  - **100% fruit juice and no more than 4-6 oz. per day.**
  - Water is best if your child is thirsty.
  - Avoid sweetened beverages such as fruit punch and soft drinks.
- **Three Meals and two healthy, 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

- Offer new foods at the beginning of the meal.
- Give a wide variety of fruits and vegetables with different colors, tastes and textures.
- You may need to offer a food more than 10 times before your child will accept it.
- Allow your child to feed themselves.
- Eat together as a family.
- Appetite may be decreasing. Your main job as a parent is to be sure that your child is offered a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish and eggs)
- Don't force your child to eat or clean their plate.
- Don't use food as a comfort or reward.

### Be Active

- Your child is naturally active, be active with them. Make sure they are not sitting for more than one hour at a time.
- Encourage walking, crawling, climbing, etc.
- Screen time (TV, computer, electronic games) not recommended under age 2.

### Notes

