



# 18 months old

## Physician Counseling Notes

### Food for Thought

- *What foods does your child like to eat?*
- *Is your baby eating as you expected?*
- *Do you eat together as a family?*
- *Do you allow your child to stop eating when he or she is full?*
- *Is dessert offered as a reward?*
- *What types of activities are you doing as a family?*

### Feeding Advice

- Your child should be completely weaned from the bottle.
- If your child is hungry, provide him or her with healthy, planned snacks, twice a day.
  - Snacks should be offered 1-2 hours before meals.
  - Think of snacks as small meals between bigger meals. Give your child the same kind of foods you would give at meal time.
- Limit sweets, desserts and avoid giving them candy.
- Water is best if your child is thirsty.
- Your child should be allowed to stop eating when they are full.
- Sit down and eat together as a family.
- Be a good role model. Make sure you're eating and serving foods from all five food groups.
- **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
- 100% fruit juice and no more than 4-6 oz. per day.
- You may need to offer a food more than 10 times before your child will accept it.
- Turn off the TV at meal time.
- Do not let your child eat while in the car.
- Do not use food as a comfort or reward.

### Be Active

- Your child will naturally like to run and climb.
- Make sure your child is not sitting for more than one hour at a time.
- Play with your child daily.
- Screen time (TV, computer, electronic games) not recommended under age 2.

### Notes

