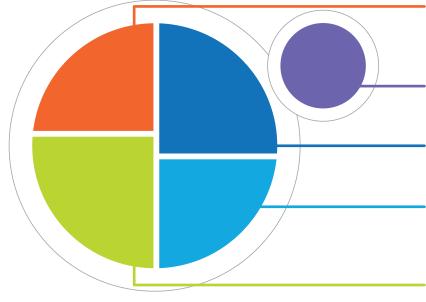
Toddler Nutrition

Everyone needs the same nutrients to stay healthy. MyPlate is a food guide to help you eat a variety of foods to get the nutrients you need.

MyPlate includes five food groups:



Tips for parents:

- Encourage regular meals and snacks.
- Be flexible with food acceptance.
- Serve new foods along with foods they already like.
- Offer meals with a mix of tastes, colors, and textures.
- Limit foods that have a lot of sugar, salt, or spices.
- Use small utensils designed for children.
- Keep your child safe from choking:
 - Make sure your child is sitting safely in a chair.
 - Cut food into smaller pieces.
 - Avoid high-risk foods like peanuts, hard candy, or popcorn.

Fruits. Pick fresh or frozen when you can. Canned and dried also count.

Dairy. Choose whole milk from age 1 to 2. After, switch to low-fat milk, soy milk, cheese, and yogurt.

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Grains. Try to eat mostly whole grains like whole wheat bread, brown rice, and oatmeal.

Proteins. Pick lean proteins like beef tenderloin, skinless chicken breast, seafood, eggs, and beans.

Vegetables. Choose lots of different colorful vegetables like green, red, orange, blue, and purple.



For more information: www.greauxhealthy.org Follow us: @/greauxhealthyPB @/greaux_healthy %/greauxhealthy

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