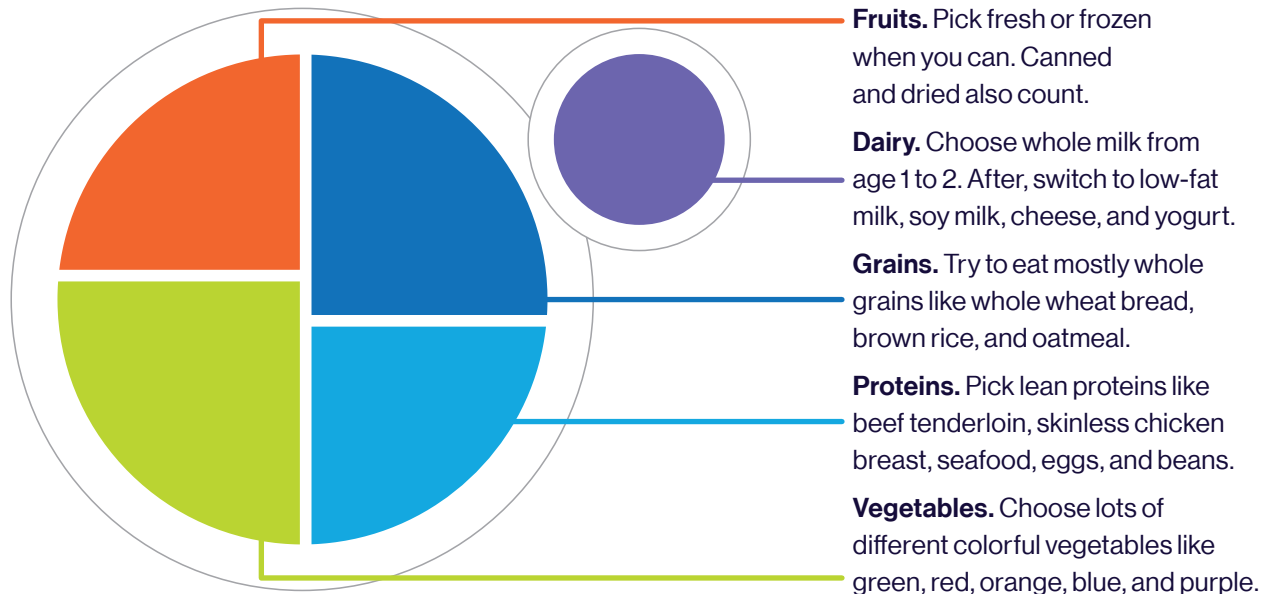


Toddler Nutrition

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.



For more information: www.greauxhealthy.org

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