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Fact Sheet # FS 6048 FCS
Date: April 2006

Foods for young children

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- ✓ It is very important to eat a variety of foods. Generally, avoiding those with excessive sugar and fat.
- ✓ Choose foods that minimize choking hazards for children.
 - Infant table foods should be cut into pieces no larger than ¼ inch.
 - Toddler table foods should be cut into pieces no longer than ½ inch.
- ✓ Introduce foods many times, as children may take longer than others to feel comfortable with certain foods.
- ✓ Try serving foods a different way – raw if you usually cook it, lightly steamed if you usually serve it raw.
- ✓ Present food in a form that's easy for children to manage.
- ✓ Respect children's preferences when planning meals, but don't give in to "short-order cooking."
- ✓ Offer new foods in a matter-of-fact way along with some familiar foods, like bread.
- ✓ Parents should eat with the children and set a good example by eating a wide variety of foods and being open to trying new ones. Children model behavior.
- ✓ Remember it is not what they eat for one day – it is how they eat for the week that is important. Meaning, when children are being finicky, do not over-react.
- ✓ Young children prefer meat that is very tender: cooking with moist heat and chopping or shredding the meat finely, or using ground poultry or beef, will make it easier for children to eat.

Always remember to pay attention to your child's habits and body, you are your child's biggest advocate, talk with your pediatrician and work together as a team for your child's best health.