

“HEALTHY EATING FOR TODDLERS”

At the age of about 12 months, toddlers can eat the same food as their families. At this age children gradually learn to eat independently – from chewing solid food to using plates, cups and cutlery properly. Each child is different and learns at a different speed. Encourage your child to eat independently and be patient. Give your child plenty of time and support, and create a quiet environment.

Don't forget: You are the role model!

How often should a toddler eat?

Breakfast, lunch and dinner should be fixed parts of the daily menu, as well as one or two snacks. Look out for signs whether your child is hungry or full. Don't push your child to eat up.

What does a toddler need?

- **Drinks:** Drinking water is ideal, also when you're on the go. Your child should drink regularly!
- **Vegetables, pulses, fruit:** Variety makes food exciting!
- **Grains and potatoes:** Use the great selection available and prefer whole-grain products.
- **Milk and dairy products:** If your child has not had cow's milk or other dairy products yet, start to introduce them gradually.
 - Only use pasteurised milk and dairy products.
 - Low-fat milk and dairy products are not suitable for infants under 2 years.
- **Fish, meat and eggs:**
 - Suitable types of fish for infants are: char, trout and saltwater fish like salmon, herring or mackerel, which are rich in fat.
 - Always remove all fish bones carefully.
 - Always heat fish, meat and eggs thoroughly.
- **Fats and oils:** Quality is more important than quantity.
- **Fatty, sweet and salty foods:** If sweets are forbidden, it makes them even more interesting. Be a good role model, also when it comes to fatty and salty snacks.

IMPORTANT: What should a toddler not eat or drink?

- Food that contains raw eggs (e.g. tiramisu), raw fish (e.g. sushi) or raw meat (e.g. raw mince, steak tartare, undercooked roast beef)
- Raw milk and raw milk products (e.g. cheese from unpasteurised milk)
- Strongly seasoned and high-salt foods (e.g. salty snacks)
- Alcohol and caffeinated drinks (e.g. coffee, black tea, green tea, ice tea, cola drinks, energy drinks)
- Small-sized foods like nuts, seeds, grains, croutons, berries, sweets, and chewing gum.
They can easily be swallowed unintentionally and thus get into the windpipe.
- Foods labelled “May have an adverse effect on activity and attention in children”

TIP

- The list of ingredients on the packaging will tell you whether sugar has been added to the product.
- Honey, maple syrup and grape/pear syrup also provide sugar.

- Offer your child fruit as a sweet alternative, as a snack or as a dessert.

Tip: For further information read our brochure "Now I'm eating with the grown-ups" (not available in English). You will find recipes for toddlers at www.richtigessenvonanfangan.at