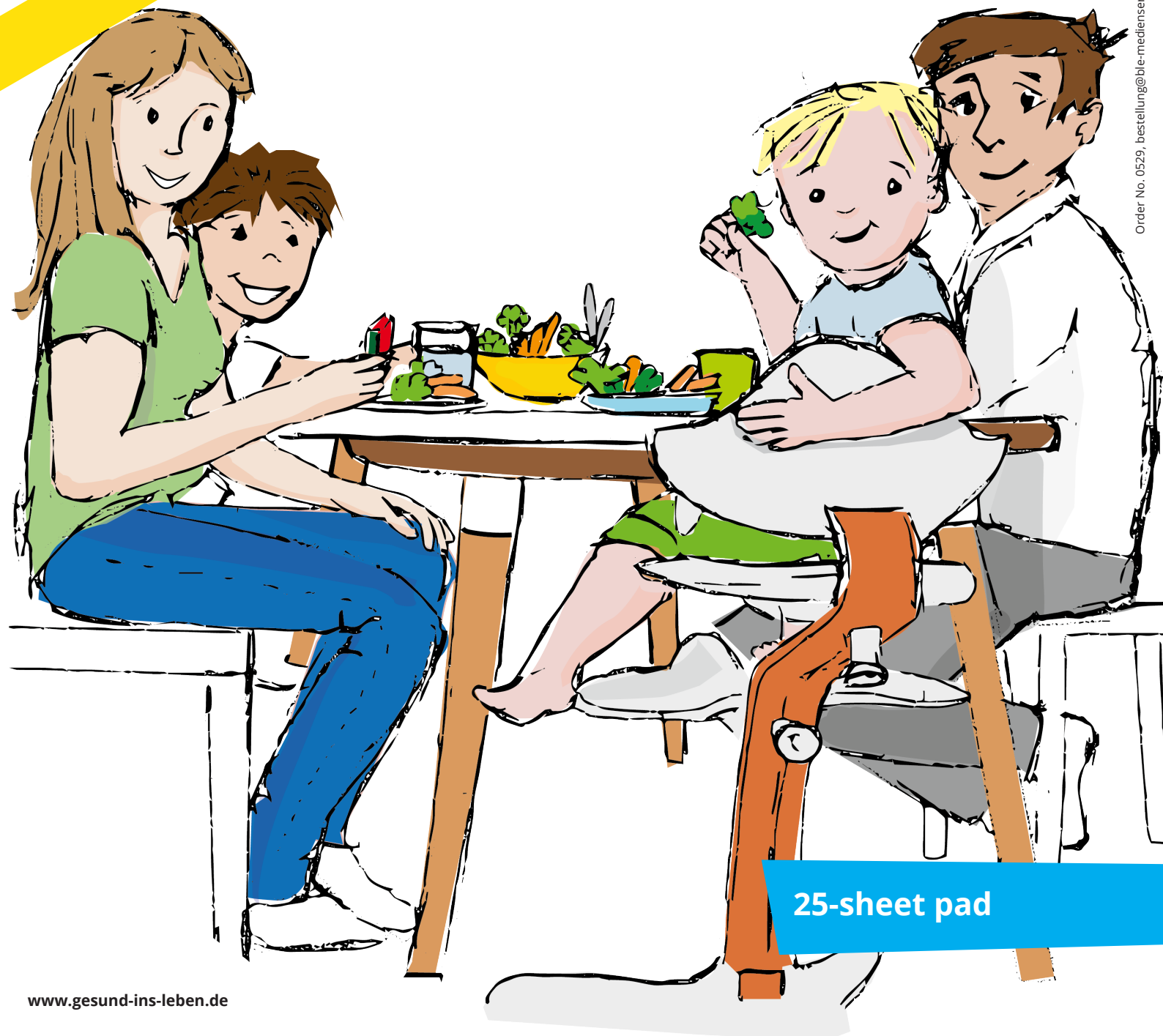


What toddlers need

Diet and exercise recommendations
for 1- to 3-year-olds



25-sheet pad

The best food for toddlers

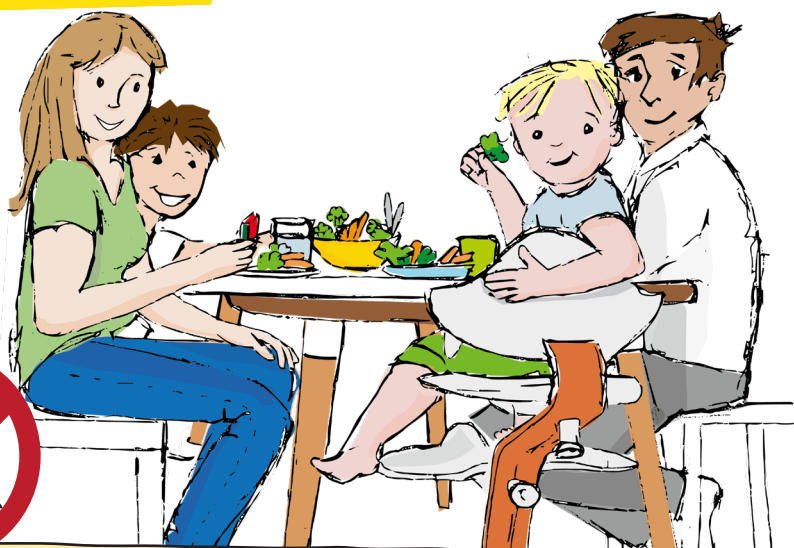
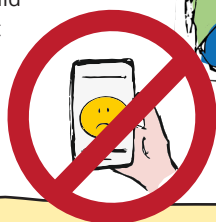
Tips for parents of 1- to 3-year-olds



All together now

Eating is a communal activity. Members of a family should eat together as often as possible – it does not have to be all of them at every meal. The toddler learns a lot by watching the others. If everyone is eating a varied diet, they can also discover new foods at the same time.

Mobile phones and televisions, etc. should be turned off at mealtimes. They disrupt the meal and are unsuitable for small children.



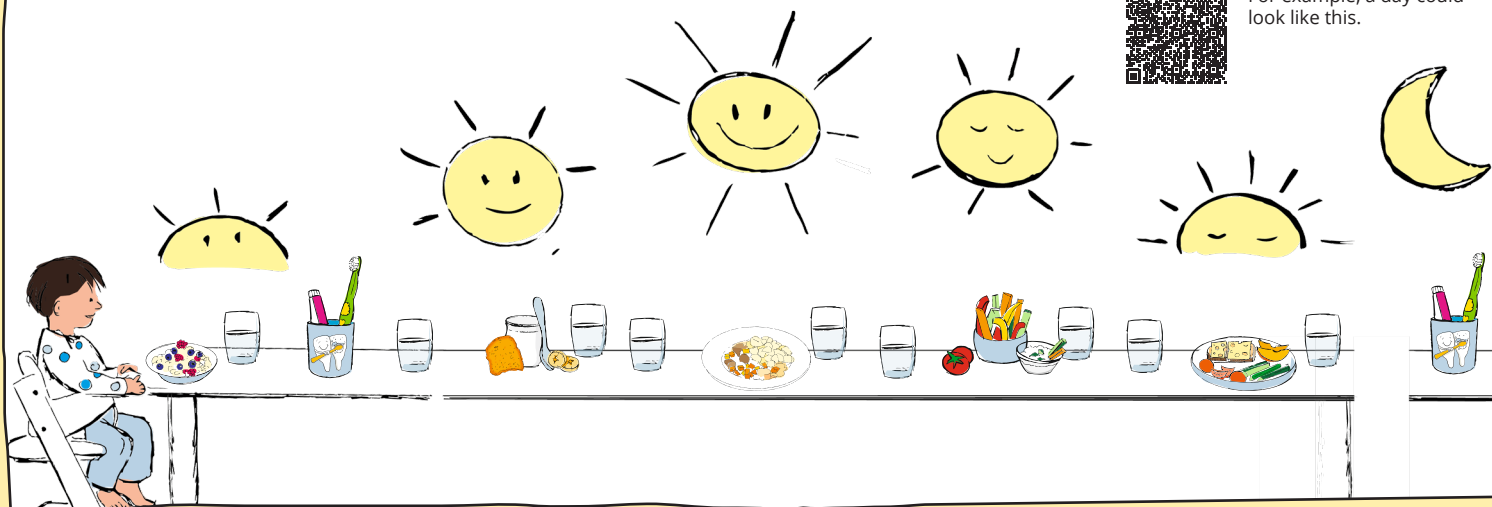
Eating regularly gives children energy

It is important that small children have times for playing and running around, times for resting and times for eating. A regular cycle of mealtimes helps with this:

three larger and two smaller meals are suitable for many toddlers, but this varies in different cultures. In between, there is a break from eating. Water and unsweetened drinks are the only things that you can always offer.



For example, a day could look like this.



What if my child does not want to eat anything?

The child will decide how much of an item of food or a dish they want to eat. Offer small portions to begin with and add more if the child has finished and wants to have some more. This is sure to vary from day to day. And if the child does not want to eat anything, that is okay. The amount that a child eats can vary greatly depending on the individual child. Sometimes a child has to try something a few times before they like it.

And do not worry: if your child is happy, healthy and active, they will eat enough. You do not need any tricks, promises or games at the meal table to achieve this.



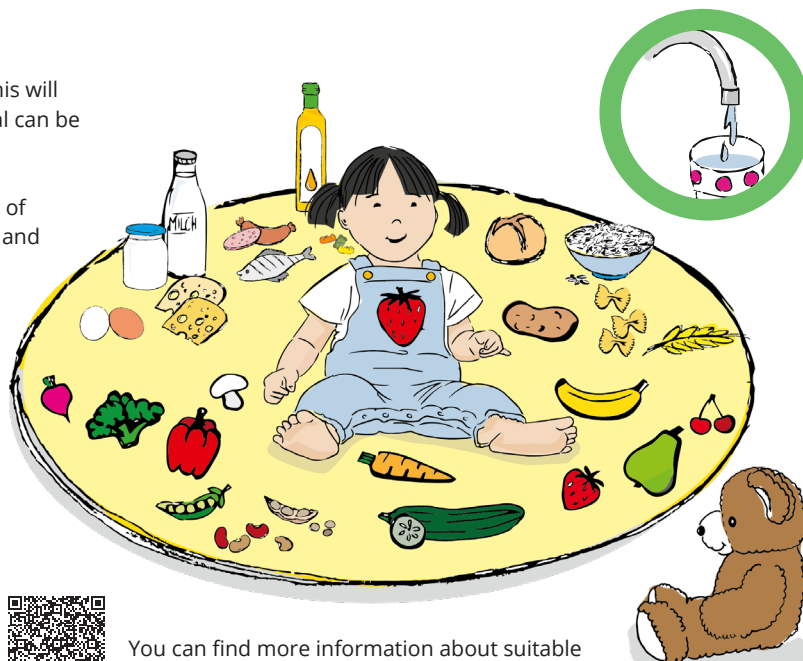
More information
about child nutrition:
www.gesund-ins-leben.de



Colourful and healthy

Prepare a varied, colourful family meal for your child. This will serve their needs. If the mother and child want, the meal can be supplemented by breastfeeding.

- **Plant-based foods** should make up the lion's share of every meal. These include fruit, vegetables, cereals and cereal products (including whole grains), potatoes, pulses, nuts in a child-friendly form (ground or as pure, sugar-free nut spreads).
- **Animal products** should be served in moderation and should not be eaten raw.
- Toddlers should be given very little sugar, sweets, salt or snacks.
- Give your child **plenty of water** or other unsweetened drinks in a beaker or a cup, even between mealtimes.



No child needs extra children's food!
It is expensive and often generates a lot of litter.



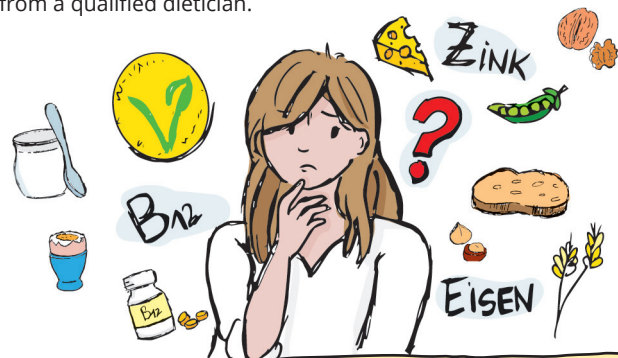
You can find more information about suitable food for toddlers here.

And what about a vegetarian or vegan diet?

The recommended diet for toddlers includes animal products in moderation. A balanced vegetarian diet including milk, dairy products and eggs can also satisfy a small child's nutritional requirements. To achieve this, you must be relatively well informed about food and plan the diet well.

Sufficient iron and zinc are essential. Plant-based foods that act as a source of iron include whole grain cereals, lentils, beans and nuts. You should ideally also give your child fruit and vegetables, as the vitamin C found in these foods helps the body to absorb the iron better. Sources of zinc include cheese, milk, whole grains, peas, beans, nuts and eggs.

If you want to feed a small child a vegan diet, they can easily develop a harmful deficiency in nutrients that they need. If you still want to follow a vegan diet for your child as well as yourself, you have to take particular care when putting together the meals, and you must include vitamin B12, and possibly other nutrients, in the form of tablets or drops. You should definitely consult a paediatrician. It would also be a good idea to obtain information from a qualified dietician.



Less time in the buggy or high chair

Children want to engage in a lot of physical activity and this does them a lot of good, especially outside, in a play area, with balls or in the forest.

But whether it is outside or inside, play helps your children with their coordination and dexterity. It is also a lot of fun when other children are involved.



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The Network Gesund ins Leben is part of the IN FORM initiative and is based at the Bundeszentrum für Ernährung (BZfE).

IN FORM

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