

# Nutrition Recommendations

## FIRST YEAR

### 0 to 4 months

- 2 to 6 ounces of formula or breastmilk every 2 to 4 hours
- If breastfeeding, provide 400IU Vitamin D3 each day
- **DO NOT** heat up formula in the microwave

### 4 to 6 months

- 4 to 6 ounces of formula or breastmilk every 3 to 4 hours
- Watch for signs of readiness for table foods which are:
  - Sitting independently
  - Good head, neck and trunk control
  - Bringing objects to mouth and interest in foods
  - Swallowing food rather than pushing it out with their tongue

### 6 to 9 months

- 5 to 8 ounces of formula or breast milk every 3 to 4 hours as main source of nutrition
- Sit in highchair 1 to 2 times per day, offering a few tablespoons of fat, fruit, veggie or grain
  - Focus should be on exposure to variety of food rather than calories
  - Avoid added salt, sugars, sugar alcohols/alternatives and honey
- Introduce the big 9 allergens (wheat, eggs, dairy, soy, peanuts, tree nuts, sesame, fish and shellfish)
  - Talk with your primary provider before introducing these foods if there is a family history of food allergies or eczema

### 9 to 12 months

- 6 to 8 ounces of formula or breastmilk every 3 to 4 hours as main source of nutrition
- Sit in highchair 2 to 3 times per day, offering a few tablespoons of fat, fruit, veggie or grain
  - Begin to increase texture complexity or pincer grasp size food items
- Start to try open or straw sippy cup drinking with 1 to 2 ounces of water



# Nutrition Recommendations

## 1 TO 4 YEARS

### Schedule

- 3 meals and 2 to 3 snacks per day, typically every 3 to 4 hours
- Eat without screen distractions



### Proteins

- 1 to 2 oz (or 2 tbsp to 1/4 cup) of meats or fish; try plain or lightly breaded and baking or air frying.
- 1 to 2 pieces turkey bacon, chicken/turkey sausage or Canadian bacon
- 1 egg
- 1/4 to 1/3 cup light or Greek yogurt or cottage cheese
- 1 tbsp. nut butter
- 1 cheese stick or round
- 1/4 to 1/3 cup edamame, chickpeas, hummus, beans or lentils



### Fruits and Veggies

- Look for fresh or frozen fruits and veggies as often as possible to retain as much fiber.
  - When using canned, look for options with no-salt added veggies or canned in water fruit.
- 1/4 cup cooked or raw veggies
- 1/2 cup berries or cut up melon, pineapple or dragon fruit
- 1/2 to 1 apple, orange, kiwi, pear or plum
- 8 grapes or cherries (cut up to reduce choking risk)
- 1/2 banana or 1/4 to 1/2 cup applesauce



### Fiber Rich Starches

- 1/2 to 1 slice whole grain bread or waffle
- 1/4 cup potato, sweet potato, peas or corn
- 1/4 cup pasta (whole grain, chickpea or protein)
- 1/4 cup brown rice, quinoa, couscous beans, chickpeas or edamame
- 1 taco-size whole grain tortilla, 1/4 bagel or 1/2 English muffin
- 4 to 6 Triscuits, wheat thins or snap pea crackers
- 1/2 rice cake or 1/4 cup oats or cereal



### Liquids

- Provide 1/2 cup or 4 ounces of milk, lactose free milk, soy or pea protein alternative milk with meals.
  - From 1 to 2 years old provide whole variety to meet energy needs for brain development.
  - After 2 years old provide skim or low fat varieties.
- Provide plain water between meals, 20 to 40 ounces a day based on age, size, activity level and outside temperature.
- Minimize juice, tea, pop, sweetened electrolyte drinks or sugar free flavoring if able, but especially under 2 years old.



### Sweets

- Try to limit food and drink items to no more than 5g added sugar per serving.
  - Note that some everyday items we think of like yogurts, cereals, bars, waffles or pouches often exceed this recommendation.
- For foods with >5g added sugar per serving, try incorporating them at age-appropriate portions 1 to 2 times a week.
- Avoid talk of good vs. bad foods or requiring a "clean plate" to have them.



# Nutrition Recommendations

## 5 TO 9 YEARS

### Schedule



- 3 meals and 2 snacks per day, typically every 3 to 4 hours
- Eat without screen distractions

### Proteins



- 2 to 4 ounces (1/4 to 1/2 cup) of meats or fish; try plain or lightly breaded and baking or air frying.
- 1-2 pieces turkey bacon, chicken/turkey sausage or Canadian bacon
- 1 to 2 eggs
- 1/3 to 1/2 cup light or Greek yogurt or cottage cheese
- 1 to 2 tbsp nut butter
- 1 to 2 cheese stick or round
- 1/3 to 1/2 cup edamame, chickpeas, hummus, beans or lentils

### Fruits and Veggies



- Look for fresh or frozen Fruits and Veggies as often as possible to retain as much fiber.
  - When using canned, look for options with no-salt added veggies or canned in water fruit.
- 1/2 to 1 cup cooked or raw veggies
- 3/4 cup berries or cut up melons, pineapple or dragon fruit
- 1 apple, orange, kiwi, pear or plum
- 15 grapes or cherries (cut up to reduce choking risk)
- 1/2 to 1 banana or 1/2 cup unsweetened applesauce

### Fiber Rich Starches



- 1 slice whole grain bread or waffle
- 1/2 cup potato, sweet potato, peas or corn
- 1/2 cup pasta (whole grain, chickpea or protein)
- 1/4 cup brown rice, quinoa, couscous beans, chickpeas or edamame
- 1 taco-size whole grain tortilla, 1/4 to 1/2 bagel or 1/2 English muffin
- 6 to 10 Triscuits, wheat thins or snap pea crackers
- 1/2 to 1 rice cake or 1/2 cup oats or cereal

### Liquids



- Provide 3/4 cup or 6 ounces of milk, lactose free milk, soy or pea protein alternative milk with meals.
  - Provide skim or low fat varieties
- Provide plain water between meals, 40 to 60 ounces a day based on age, size, activity level and outside temperature.
- Minimize juice, tea, pop, sweetened electrolyte drinks or sugar free flavoring if able.
  - If utilizing sugar free water flavorings or pops/juice continue to mindfully incorporate them 1 time a day.

### Sweets



- Try to limit food and drink items to no more than 5 to 8g added sugar per serving. It's important to check labels.
  - Note that some everyday items we think of like yogurts, cereals, bars, waffles or pouches often exceed this recommendation.
- For foods with >5 to 8g added sugar per serving, try incorporating them at age-appropriate portions 1 to 2 times a week.
- Avoid talk of good vs. bad foods or requiring a "clean plate" to have them.



# Nutrition Recommendations

## 10 TO 18 YEARS

### Schedule

- 3 meals and 2 snacks per day, typically every 3 to 4 hours
- Eat without screen distractions



### Proteins

- 4 to 6 ounces (1/2 to 3/4 cup) of meats or fish; try plain or lightly breaded and baking or air frying.
- 2 pieces turkey bacon, chicken/turkey sausage or Canadian bacon
- 2 eggs
- 1/2 cup light or Greek yogurt or cottage cheese
- 2 tbsp nut butter
- 2 cheese stick or round
- 1/2 cup edamame, chickpeas, hummus, beans or lentils



### Fruits and Veggies

- Look for fresh or frozen Fruits and Veggies as often as possible to retain as much fiber.
  - When using canned, look for options with no-salt added veggies or canned in water fruit.
- 1 cup cooked or raw veggies
- 1 cup berries or cut up melons, pineapple or dragon fruit
- 1 apple, orange, kiwi, pear or plum
- 15 grapes or cherries
- 1/2 to 1 banana or 1/2 cup unsweetened applesauce



### Fiber Rich Starches

- 1 to 2 slices whole grain bread or waffle
- 1/2 cup potato, sweet potato, peas or corn
- 1/2 cup pasta (whole grain, chickpea or protein)
- 1/2 cup brown rice, quinoa, couscous beans, chickpeas or edamame
- 2 taco-size whole grain tortilla, 1/2 bagel or 1/2 English muffin
- 10 Triscuits, wheat thins or snap pea crackers
- 1 rice cake or 1/2 cup oats or cereal



### Liquids

- Provide 1 cup or 8 ounces of milk, lactose free milk, soy or pea protein alternative milk with meals.
  - Provide skim or low fat varieties
- Provide plain water between meals, 50 to 70 ounces a day based on age, size, activity level and outside temperature.
- Minimize juice, tea, pop, sweetened electrolyte drinks or sugar free flavoring if able.
  - If utilizing sugar free water flavorings or pops/juice continue to mindfully incorporate them 1 time a day.



### Sweets

- Try to limit food and drink items to no more than 5 to 8g added sugar per serving. It's important to check labels.
  - Note that some everyday items we think of like yogurts, cereals, bars, waffles or pouches often exceed this recommendation.
- For foods with >5 to 8g added sugar per serving, try incorporating them at age-appropriate portions 1 to 2 times a week.
- Avoid talk of good vs. bad foods or requiring a "clean plate" to have them.

