



Kohl's Start Childhood Off Right Initiative Feeding Guidelines

2 - 3 Year Olds

Your 2-3 year old is becoming more and more independent. They can eat the same foods as the rest of the family, feed themselves with their hands, a spoon or a fork, and drink from a cup. Parents should keep control over meal times, foods offered, and portion sizes.

WHAT SHOULD I OFFER THEM TO EAT EACH DAY?

Fruits and Vegetables (5 servings per day)

Ideas:

- ½ of a small apple or banana
- ½ cup of sliced or chopped carrots
- 1 cup of raw spinach or kale

Grains: Rice, Oats, Bread... (3-5 servings per day)

Ideas:

- 1 cup of cereal flakes
- 1 slice of bread
- 1 small tortilla (6" across)

Protein: Meat, Beans, Eggs... (2-4 servings per day)

Ideas:

- 1 egg
- 1 tablespoon of peanut butter
- ¼ cup of black beans

Dairy: Milk, Cheese, Yogurt... (2-3 servings per day)

Ideas:

- ½ cup of milk
- ¼ cup of cottage cheese
- 4 ounces of yogurt

TIPS

- 1 Offer a variety of healthy food choices and encourage but don't force trying new foods. It may take over 10 times for them to learn to like a new food.
- 2 Many 2-3 year olds are picky eaters and will refuse different foods. Try not to fixate on amounts.
- 3 Make mealtimes fun and not a battle.
- 4 Try to have family mealtimes as often as you can and role model healthy eating.
- 5 Make food interesting with different presentations. Talk about where food comes from, how it grows and how it helps their body.
- 6 Turn off TV and screens during mealtimes and limit use of screens to 1-2 hours a day.
- 7 Two year olds are still learning to chew and swallow, so be careful of unsafe choking foods such as hot dogs, nuts and seeds, fruit with small pits, hard candies, raw hard vegetables, whole grapes, popcorn.

Children may develop favorites, and this is normal. Continue to offer a variety of different foods along with familiar foods your child likes. Continued exposure to different foods can help children learn what they like and encourages them to try different foods.