

Daily Nutrition Guidelines

6-12 Months

Iron	11mg
------	------

At this stage, the main goal is to introduce a variety of developmentally appropriate foods to your child. They will transition from trying their first foods to eating many foods. You can reference the 12-24 month guidelines to see what you're working towards.

- Breastmilk or infant formula providing much of the nutrition
- Eat with your child
- Include iron-rich foods
- Full-fat dairy (yogurt, cheese)
- Consider allergy guidelines
- No juice (AAP)

12-24 Months

Fruits	$\frac{2}{3}$ - 1 cup
Vegetables	$\frac{1}{2}$ - $\frac{3}{4}$ cup
Grains	2-3 ounces
Protein foods	1-2 ounces
Dairy	2-2 $\frac{1}{2}$ cups
Iron	7mg

- Eat together as a family
- Don't forget flavor, use herbs and spices in your cooking
- Full-fat dairy (milk, yogurt, cheese)
- Juice not needed, limit to no more than 4 ounces per day (AAP)

2-5 Years

Fruits	1- 1 $\frac{1}{2}$ cups
Vegetables	1-1 $\frac{1}{2}$ cups
Grains	3-5 ounces
Protein foods	2-4 ounces
Dairy	2-2 $\frac{1}{2}$ cups
Iron	7mg (2-3 years) 10mg (4-5 years)

- As food preferences emerge and change, continue to include all foods in your meal planning
- Ok to use low-fat or non-fat dairy
- Juice not needed, limit to no more than 4 ounces per day for 2-3 year olds and 4-6 ounces per day for ages 4-5 (AAP)

Source: *Academy of Nutrition and Dietetics Pocket Guide to Pediatric Nutrition Assessment, Second Edition*