



## One-Year Handout

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Now the baby is a one year old and has already begun or perhaps completed the process of evolving from being fed "baby food" and is eating table food. This defines a watershed moment in healthy eating and you need to be prepared to put this child on a path to healthy eating that could last a lifetime. Remember that this process, as it is with so many issues in child rearing, is one of leading by example. Do as I do, not as I say.

So one overriding principle to get started cannot be stressed enough: **Eat mostly plants.** The food pyramid I've given you at the one-year visit is a visual template from which to begin this conversation. The protein group and the dairy group are **part** of a healthy diet and should not be the dominant part of any meal or meal plan. They should be restricted to mealtime and are **never** a suitable choice for a snack (we'll talk about snacks later). Learn proper portion sizes for these calorie dense foods (it's not hard), stick to the proper portions for age and you're well on your way to a healthy plan. The portion size for proteins (meat, chicken, fish) is a piece the size of the child's fist (which will grow as the child grows), minced or diced and generally slowly cooked in a braising fashion so the proteins are rendered, falling off the bone and therefore easily chewed. Fish is an ideal choice because when boneless, it's soft and easily chewed with little preparation time. For dairy products, the table below will help. For the second year of life, fully fattened products are recommended and after the second birthday, low fat products are recommended.

Serving sizes:

One to two years:

Milk & yogurt: 4 ounces

Cheese: ½ slice or ½ ounce

Three to five years:

Milk & yogurt: 5 ounces

Cheese: one slice



Remember when you plate a meal for your child: eat mostly plants. So the plate needs to be a reflection of that plan. You know your portion sizes in dairy and proteins and the rest of the meal should be a combination of whole grains, vegetables and fruits. I generally won't discuss portions of vegetables and fruits because I genuinely don't believe it matters. Our children are not overweight because they're eating too much broccoli. That's not how they get overweight in this country. We have other tools for getting that done. Your job includes plating a proper ratio of animal to plant products and it's the child's job to eat as much as is needed to satisfy hunger. You can't tell how much that is, so for the most part, quit trying. If the entire plate is consumed and more is needed, we've come to a critical junction in healthy eating: seconds at mealtime. It's ok, but please make it more plants: vegetables and fruits would be the better choice. Prepare one protein portion for each family member and the remaining choices for seconds will logically be plants. Now one more issue to discuss about mealtime. You are the nutritionist for the children, remember that and act like it because it will be critical. That child is developmentally willful at this age and will test the boundaries and is supposed to do so. You need to be ready with an appropriate response if and when plants are shunned in favor of animal proteins. Serving more of the preferred portion of the meal to compensate for not eating certain parts of the meal (typically vegetables are shunned if anything) makes the child the nutritionist, reinforces the notion that you agree with the child that the vegetables are less desirable and sets this child on a path to being one who eats few or no vegetables and leaves a variety of obesity related health risks directly in the future path of this child. A much better choice would be to conclude that hunger has been satisfied when portions of the meal are left uneaten and allow the child to go back to playing. If hunger hasn't been satisfied, it will not be long before that child is back, wanting more food. So now you have one of those teachable moments we parents long for. I'd suggest you save those plants-veggies for this moment and re-plate those so you reinforce the message that your role as the nutritionist in the family is paramount. This may result in one of those demonstrative moments (tantrums) and I'd suggest you stand your ground. If this youthful demonstration is overwhelming, I



fear the years ahead will be more difficult by far. A few of these moments where nothing is eaten by the hungry child as the tantrum plays itself out will clearly not result in malnutrition. By contrast, if handled effectively they will solidify the role of parent as a knowledgeable nutritionist and should lead to improved nutrition over the long haul. Include some of the baby's preferred foods at each meal. By the same token, continue to include foods you're trying to incorporate into the preferred list. Variety is a big part of healthy eating. Be ready to conduct that "ballet" that balances the concepts of healthy eating, happy mealtimes, willful children and hunger as a teachable moment. Keep it friendly, but keep control.

So let's talk about snacking. This is a common practice so let's discuss what represents a healthy snack. They should be plants. There, that was simple. They are low in calories, nutritionally desirable, and health promoting. Another way of saying this is that snacks should be things that are grown rather than things that are made. As soon as the snack becomes a thing that is made, the calorie density is likely increased. Made snacks are quite simply junk food. No doubt they're called junk food because the other four letter words were previously occupied. This calorie density issue is important because as little as one or two hundred calories per day, day after day can lead to excess weight gain. Day to day with a toddler / preschooler this is important, because the weight gain can begin at any age. Perhaps more importantly, those habits and preferences are going to create weight gain problems when that child ages and assumes control of his or her own eating and snacking habits.

# FOOD GUIDE PYRAMID

## A Guide to Daily Food Choices

Know your age related serving size in "meats & dairy"

Second servings at meals: choose from vegetable group

Snacking: choose from vegetable and fruit groups

Fats, Oils, & Sweets  
**USE SPARINGLY**

### KEY

These symbols show fats and added sugars in foods.

- Fat (naturally occurring and added)
- ▾ Sugars (added)

The Pyramid is a culture of what to eat each day. It's not a rigid prescription but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

**DRINK ONLY WATER BETWEEN MEALS**

Milk, Yogurt, & Cheese Group  
**2-3 SERVINGS DAILY**



Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group  
**2-3 SERVINGS DAILY**



Vegetable Group  
**3-5 SERVINGS DAILY**



Fruit Group  
**2-4 SERVINGS DAILY**



The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another for good health, you need them all.



Bread, Cereal, Rice, & Pasta Group  
**Select "brown" whole grain choices as part of healthy meals**

FOODS INCLUDED IN THIS GROUP ARE:	SERVING SIZE			DAILY RECOMMENDED SERVINGS	KEY NUTRIENTS SUPPLIED
	1 year	2-3 Years	4-5 Years		
<b>BREADS AND CEREALS</b> whole-grain, enriched, or restored breads cooked cereals, rice, and pasta whole-grain or fortified ready-to-eat cereals	1/2 slice	3/4 slice	3/4-1 slice	6 servings daily	Thiamin Iron Niacin
	1/4 c.	1/3 c.	1/2 c.		
	1/2 oz.	3/4 oz.	1 oz.		
	<b>5 servings daily</b> in the amounts recommended from the variety of foods listed in this group				
<b>FRUITS AND VEGETABLES</b> VITAMIN C SOURCE FRUITS AND VEGETABLES: citrus fruits, berries, melons, tomatoes, peppers, cabbage, cauliflower, broccoli, chilies, and potatoes VITAMIN A SOURCE FRUITS AND VEGETABLES: (DEEP GREEN AND YELLOW) melons, peaches, apricots, carrots, spinach, broccoli, squash, pumpkin, sweet potatoes, tomatoes, Brussels sprouts OTHER FRUITS OTHER VEGETABLES	1/3 c.	1/2 c.	1/2 c.	1 Vitamin C source daily	Vitamin C Carbohydrates including fiber
	1-2 T.	3-4 T.	4-5 T.		
	1/4 c.	1/4 c.	1/2 c.		
	1-2 T.	3-4 T.	4-5 T.		
<b>5 servings daily</b> in the amounts recommended from the variety of foods listed in this group					
<b>MEAT AND MEAT ALTERNATIVES</b> beef, pork, lamb, fish and poultry liver (every few weeks) eggs cooked legumes, dried beans, or peas nuts	First Sized Portion	First Sized Portion	First Sized Portion	2 servings daily	Protein Niacin Iron Thiamin
	1	1	1		
	1/4 c.	1/3 c.	1/2 c.		
	Nuts and chunks of unsprayed peanut butter are not recommended for children under 4 because they can cause choking				
<b>2 servings daily</b> in the amounts recommended from the variety of foods listed in this group					
<b>MILK AND DAIRY PRODUCTS</b> cottage cheese custard, milk pudding, and ice cream (served only after a meal) cheese (1 oz. = 1 slice or a 1 inch cube) margarine, butter, oils, mayonnaise and salad dressings (1 Tablespoon = 100 calories)	1/2 c.	1/2 c.	1/2 c. - 3/4 c.	3 servings daily (2 of which should be servings from the milk, yogurt, and milk-based soups). For children around 1 year, additional calories and nutrients may come from breast milk, instant formula, and cow's milk.	Calcium Riboflavin Protein
	2-4 T.	4-6 T.	6 T.		
	1/2 slice	3/4 slice	1 slice		
	<b>3 servings daily</b> in the amounts recommended				
<b>FATS/OILS</b> jams, jellies, sweet desserts, gravies, and catsup	1 tsp.	1 tsp.	1 tsp.	NO AMOUNT RECOMMENDED 3 servings daily is Maximum	This group is a significant source of fats for which there is no U.S. RDA.
	<b>USE IN MODERATION</b>				
<b>OTHER FOODS</b> jams, jellies, sweet desserts, gravies, and catsup	<b>USE IN MODERATION</b>			NO AMOUNT RECOMMENDED 3 servings daily is Maximum	This group is a significant source of fats for which there is no U.S. RDA.
	<b>USE IN MODERATION</b>				

### Summary of Suggestions

1. Learn portion sizes in dairy & meats and limit to mealtime use.
2. "Seconds" at mealtime - steamed vegetables.
3. Snack ONLY in the produce department.
4. Drink ONLY water between meals.
5. Select Brown whole grain breads, grains, rice, & pasta.
6. Learn to cook & eat at home.