

Nutrition Through the Years

0 - 6 MONTHS

- **Breastmilk/Formula only**
- No need for water or cow's milk
- Allow your baby to tell you when they're hungry—look for signs like sucking on their hand, opening and closing their mouth, or turning their head side to side.

7 MONTHS - 1 YEAR

- **Breastmilk/Formula + complementary foods**
- Introduce finger foods like cereal, chopped banana, soft cheese
- Avoid honey, juice, plain water prior to 12 months
- Avoid choking hazards: nuts, hot dogs, hard candy, grapes

2 - 4 YEARS

- **Discover favorite foods + develop healthy habits**
- Try to incorporate fruits, veggies, grains, proteins, dairy into every meal
- Your child can eat what you are eating! They should be included in family meal times
- Your child may not want to try anything, and that's okay! You can introduce the same food in different forms on different days.

5 - 8 YEARS

- **Learn about portion sizes + healthy decision-making**
- Begin to take responsibility for food choices—encourage healthy and varied foods
- Include in the process of shopping, preparation, and serving of meals
- Make meal decisions (Will I eat at school or pack a lunch?)
- Aim for at least 1 hour of physical activity
- Small and frequent meals, healthy snacking

9 - 12 YEARS

- **Develop healthy and sustainable eating habits**
- Under-consumption of potassium, calcium, and vitamin D is common
- Limit sugar-sweetened beverages
- Drink water! Increase intake when ill, when it is too hot out, or when engaged in physical activity.

NUTRIENTS THE BODY NEEDS

- Potassium - spinach, bananas, and potatoes
- Calcium - yogurt, beans, parmesan cheese, and almonds
- Vitamin D - egg yolk, mushrooms, and milk
- Vitamin C - kiwi, orange, strawberries, and broccoli
- Iron - brown rice, chicken, peas, sweet potato, and whole wheat bread