

tips

tips on fluid intake



- Encourage a toddler to drink water when thirsty.
- Aim for 2 to 3 cups of clean safe water per day.
 - Rather give pure fruit juice instead of normal or fizzy cool drinks. Limit the intake of juice to 1 glass per day.
 - Rather offer rooibos tea instead of normal tea and coffee.
 - Do not give fluids within 1½ hours of the next meal so as not to spoil the toddler's appetite.
 - Toddlers should be encouraged to drink fluids from a cup.

tips on healthy snacks

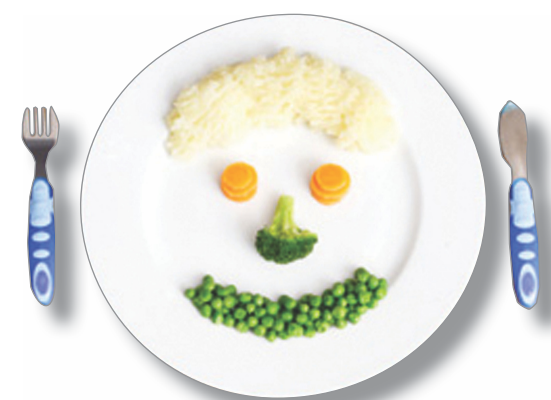
Encourage a toddler to eat healthy snacks between meals instead of luxuries (e.g. chips and sweets). Healthy snacks are:

- Brown bread sandwich with peanut butter or cheese with or without jam
- Fresh fruit, dried fruit or fruit bars
- Any yoghurt or drinking yoghurt
- Any raw vegetables (e.g. tomato, carrot sticks and cucumber)
- Biscuits made with whole-wheat flour (e.g. Provitas), oats or peanut butter (e.g. crunchies)
- In toddlers older than 3 years: homemade popcorn, nuts and peanuts. *Beware of choking.*



tips on meal times

- Make meal times a pleasant family occasion.
- Give 5 small meals per day: Breakfast, lunch and supper with two healthy snacks in between.
 - Toddlers should not be left alone while eating, as there is a high risk of choking.
 - Make meals attractive and colourful.
 - Children should be given their own plate of food. Encourage them to eat by themselves, but do make sure they are actually eating the food.
 - Do not use food for disciplinary purposes or favourite foods as rewards.
 - Do not force toddlers to eat - rather offer the food again later.
 - Lead by example by eating healthily and doing regular exercise.



ENCOURAGE TODDLERS TO:

- 1 Enjoy a variety of foods.
- 2 Eat small, frequent (5) meals.
- 3 Eat the same food as the rest of the family.
- 4 Play and be active.

FOR MORE INFORMATION & SUPPORT PLEASE CONTACT:

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1

make starchy food the basis of most meals

Give enough of these foods with each meal and snack to satisfy the toddler's appetite and meet his/her energy needs:

- Porridge such as oats, maize meal, maltabella and cereals (preferably whole wheat and low in sugar)
- Bread (preferably brown or whole wheat).
- Rice, pasta, samp, crushed wheat, potatoes and sweet potato.
- Baked goods made from unsifted brown or whole wheat flour, cereals or oats.
- Toddlers need to eat at least 3 to 6 servings of starch every day.
- 1 portion of starch is equal to 1 slice of bread, ½ cup rice (cooked), or ½ cup pasta, potato or Weetbix.



The sign on the left indicates that food items on which it appears (e.g. maize meal and wheat flour) are fortified. This means that extra vitamins and minerals have been added.

2

chicken, fish, meat, eggs or milk can be eaten every day

These foods are necessary for growth.

Chicken, fish and meat

- Toddlers need 1 to 2 small portions of these foods per day (1 portion = 1 level tablespoon for every year of life).
- These foods may be replaced by eggs, legumes (beans, lentils, soya or splitpeas), peanut butter or cheese.

Eggs

- Serve as hard-boiled, scrambled, omelets or egg custard. Hard-boiled eggs can be cut into pieces and served as finger foods.

Milk (necessary for strong teeth and bones)

- If breastfeeding, continue until 2 years and beyond (offer the breast only after meals or snacks not to spoil the child's appetite).
- Toddlers need 2 to 3 cups of full cream milk per day, served after meals.
- Other dairy products like yoghurt, cottage cheese or cheese can be used instead of milk.



3

eat plenty of vegetables and fruit every day

Vegetables and fruit contain vitamins and minerals that help the body

fight against illnesses such as colds, diarrhoea and TB.

- Toddlers need 4 or more small portions per day (1 portion = 1 level tablespoon for every year of life).
- Give a variation every day: 1 dark green (e.g. broccoli, spinach or green leafy vegetables) or 1 yellow/orange vegetable (e.g. pumpkin or carrots) for vitamin A and 1 rich in vitamin C (e.g. citrus fruit, guava, tomato or any raw vegetable).
- Give fruit as snacks between meals.



4

eat dry beans, split peas, lentils and soya regularly



These foods are high in protein and fibre but low in fat. Legumes (dried beans, split peas, lentils and soya) can be added to meat dishes or used instead of meat, chicken or fish.

5

use fat sparingly

- Choose healthy types of fat such as soft tub margarine, avocado and peanut butter.
- Remember that too much fat can lead to overweight, obesity and heart disease later in life.
- Limit the intake of fried and fatty foods such as pies, sausage rolls, samoosas, fries, 'vetkoek', polony, viennas and fast foods.



6

use sugar-containing food sparingly and not between meals

The intake of too much sugar and sugary foods can make toddlers feel full and cause them to eat less of the more healthy food such as fruit and vegetables.

- Restrict the intake of luxuries to twice a week or less. Offer small amounts after meals (only if the child has eaten well).
- Remember to brush teeth in the morning and before going to bed.

