



Feeding our Children: It's Not as Easy as It Used to Be

Presenters:

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Topics

- Nutrition and food selection
- Portion Sizes for Children
- The Feeding Relationship
- Special Nutritional Needs – Underweight, Picky eater and obesity
- Mealtime Mechanics: Where, how often, with whom and parameters
- Planning Family meals



Nutrition and Food Selection

Infants

- **0-6 months:** Breast milk or formula
- **6-8 months:** Add cereal and strained fruits and vegetables. Offer a cup.
- **8-12 months:** Add meats. Offer mashed table foods then soft bite sized finger foods.



Nutrition and Food Selection

○12-24 months

- ❖ Switch to whole milk
- ❖ Use the cup at each meal
- ❖ Offer 3 meals and 2-3 snacks
- ❖ Wean from the bottle

Nutrition and Food Selection





Nutrition and Food Selection

- 2-5 year olds

Grain /Starches

6-11 servings

Fruits

2-4 servings

Vegetables

2-4 servings

Milk

3-4 servings

Meats

2-3 servings

Fats

2-3 servings

Nutrition and Food Selection





6-11 year olds

Grain /Starches

6-11 servings

Fruits

2-4 servings

Vegetables

2-4 servings

Milk

3-4 servings

Meats

2-3 servings

Fats

2-3 servings



Nutrition and Food Selection

- Healthy Feeding guidelines for children over 2 years old
 - Eat a variety of foods for balanced nutrition
 - Adequate calories and protein to reach or maintain desirable weight and support growth and development



Nutrition and Food Selection

- Healthy Feeding guidelines for children over 2 years old
 - American Heart Association Dietary Guidelines suggest heart healthy diet to limit total fat, saturated fat and cholesterol.



Nutrition and Food Selection

- Healthy feeding guidelines
 - Encourage breakfast daily
 - Schedule regular snacks
 - Encourage whole grains, fruits and vegetables and high fiber foods.
 - Limit fast foods
 - Limit processed foods
 - Drink milk and water



Portion Sizes for Children

- Toddlers 12-24 months
 - Grains (6-11)
 - 1/2 slice of bread
 - 1/4 cup pasta
 - 1/3 cup cereal
 - Fruits (2-4) 1/2 cup fresh or canned
 - Vegetables (2-4) 2 Tbsp cooked



Portion Sizes for Children

■ Toddlers 12-24 months

- Milk (3-4)
 - 4 oz whole milk
 - 4 oz yogurt
 - 1 oz of cheese
- Meats (2-3)
 - 1 oz meat, fish or poultry
 - 1 egg
 - ½ cup beans
- Fats (2-3)
 - 1 tsp margarine, oil or mayo



Portion Sizes for Children

- Children 2-5 years of age
 - Grains (6-11)
 - 1/2 slice of bread
 - 1/4 – 1/2 cup pasta
 - 1/2 - 3/4 cup cereal
 - Fruits (2-4) 1/2 cup fresh or canned
 - Vegetables (2-4) 1/4- 1/2 cup cooked



Portion Sizes for Children

- Children 2-5 years of age
 - Milk (3-4)
 - 6-8 oz whole milk
 - 6-8 oz yogurt
 - 1-2 oz of cheese
 - Meats (2-3)
 - 1-2 oz meat, fish or poultry
 - 1 egg
 - ½ cup beans
 - 1 Tbsp. Peanut butter
 - Fats (2-3)
 - 1 tsp margarine, oil or mayo



The Feeding Relationship

The Division of Responsibility

Developed by Ellen Satter, RD

Infants:

- The parent is responsible for what the infant is fed.
- The infant is responsible for *how much*, *how often*, *how fast*, and at what skill level.



The Feeding Relationship

The Division of Responsibility

Developed by Ellen Satter, RD

Toddlers and Children need structure

- The parent is responsible for what, when and where the child is fed.
- The child is responsible for how much and whether he eats



The Feeding Relationship

The Division of Responsibility

The Parent's Feeding Tasks:

- Choose and prepare food
- Provide regularly scheduled meals and snacks
- Make eating time pleasant
- Provide Mastery expectations



The Feeding Relationship

The Division of Responsibility

The Child's Eating Capabilities:

- **Children will eat**
- **Children know how much to eat.**
- **Children will eat a variety of food.**



The Feeding Relationship

The Division of Responsibility

The Child's Eating Capabilities:

- **Children will grow predictably.**
- **Children will mature with regard to eating**



The Feeding Relationship

- Video



Special Nutritional Needs

- Nutrition to promote optimum growth and development
- Nutrition assessment to determine growth, calories, protein, Iron and calcium needs.
- Ways to promote growth – How to add extra calories.



Special Nutritional Needs

- Obesity – A Growing Problem



Meal Time Mechanics

- **Where: At the Table**
 - High Chair
 - Booster seat
 - Chair at the Table



Meal Time Mechanics

- **How often:**
 - **Eat 5 to 6 times a day**
 - **Eat every 2 to 3 hours (Sample Schedule)**
 - **8:00 am Breakfast**
 - **10:00 am snack**
 - **12:30 pm Lunch**
 - **3:00 pm snack**
 - **6:00 pm Dinner**
 - **8:00 pm snack**



Meal Time Mechanics

- **With whom:**

- Family members should sit at the table together.
- Friends and peers at the table for snack



Meal Time Mechanics

■ Parameters

- Structure
- Pleasant and calm
- Consistency
- Manners
- Conversation



Planning Family Meals

- Make menus before shopping
 - Use the Food Guide pyramid
 - Include a variety of foods
 - Vary the color and texture
 - Try to avoid processed foods



Planning Family Meals

- Include the children
 - Have the child plan their favorite meal
 - Let the children help make the list
 - Take the kids grocery shopping
 - Let your children have fun in the kitchen



Planning Family Meals

- Eat at the Table
 - Keep the meal time pleasant
 - Let the children share their day