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*"Practice Limited to Pediatrics"*

### **Feeding Guide (12 Months & up)**

From one year on, growth is not as rapid. With the decrease in growth can come a decrease in appetite. Three balanced meals and four dairy products per day is ideal intake. No specific amount of milk is required; it is included in the dairy products.

#### **Select food from the four food groups:**

1. Meat, fish, poultry and eggs
2. Fruits and Vegetables
3. Cereal, (*potatoes, rice, pasta, and bread*)
4. Dairy products  
Serving size:     1 cup milk  
                         ½ cup cottage cheese  
                         1 cup yogurt  
                         1-ounce cheese

Make sure that between meal snacks are nutritious, not sweets. Limit juice to 4 ounces per day. Give water to a thirsty child. Watch that your child doesn't fill up on fluids before mealtime.

#### **Snacks**

- Yogurt, cheese – low or nonfat after 2 years
- Fruit
- Bread
- Pretzels
- Unsweetened Cereal
- Juice, Popsicles, gelatin, soft drinks, potato chips and high fat crackers are empty calories. They should only be given as an ***occasional*** treat.

