

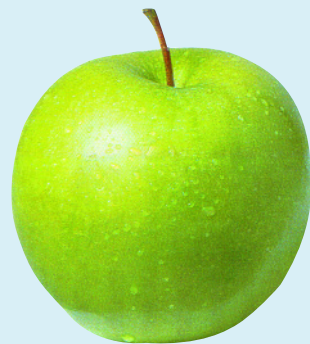
# fruits

ages 1 & 2 years

- |             |                |            |              |
|-------------|----------------|------------|--------------|
| apples      | fruit cocktail | mangoes    | prunes       |
| apricots    | fruit salad    | nectarines | raisins      |
| avocados    | grapefruit     | oranges    | raspberries  |
| bananas     | grapes         | papaya     | strawberries |
| blueberries | honeydew       | peaches    | tangerines   |
| cantaloupe  | kiwi fruit     | pears      | watermelon   |
| cherries    | lemons         | pineapple  |              |
| cranberries | limes          | plums      |              |

## Let's try ...

- applesauce on my oatmeal
- blueberries in a baggie for snacks to go
- an orange cut in small chunks
- chopped peaches on yogurt



## Or let's try something new!

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Thank you for taking such good care of me! I love you!



Vermont Chapter

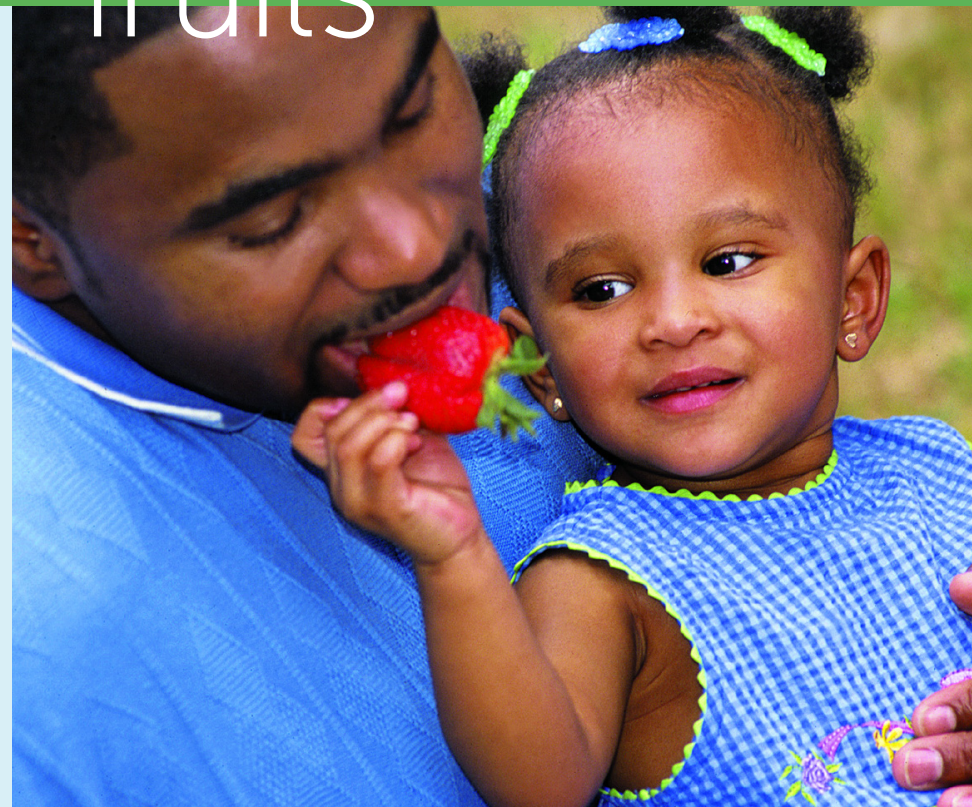
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To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at [healthvermont.gov](http://healthvermont.gov) or call 800-464-4343. This institution is an equal opportunity provider.

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Feeding Me Fruits and Juice, Ages 1 & 2 years, December 2008

# fruits



Hello – It's me, your great little toddler!  
 Have you noticed? I love fruits and juices!  
 Offer me fruits at least 2 times a day,  
 and give me more fruit than juice.  
 You're the best!

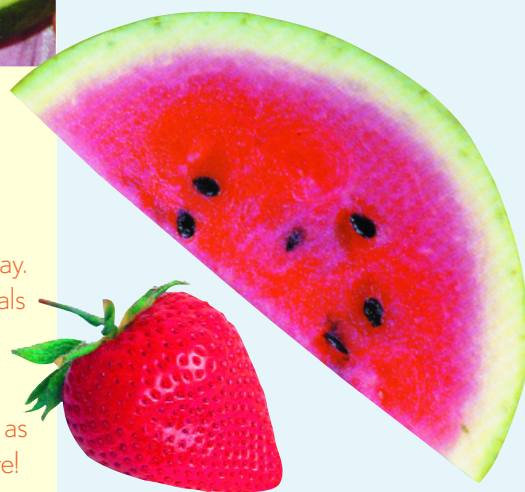
# tips on feeding me fruits



- Peel my fruits. Cut them in small, bite-sized pieces.
- Let me eat fruits with my fingers.
- Serve fruits as a part of meals and as snacks.
- Let me help pick out fruits at the store.
- Monkey see, monkey do! If you eat fruits, I will too!

## How much fruit should I eat?

- Offer me fruits at least 2 times each day. You can give me cut up fruits with meals and as snacks.
- Aim for about 1/2 cup to 1 cup of fruit each day. This is a guide. I may not eat as much as you offer, or I may ask for more!
- You can also give me 2 to 4 ounces of 100% fruit juice in place of one of my servings of fruit. Please don't give me too much juice. If I drink juice all day long, I will not want to eat.



I get a lot more nutrition from **fruit** than from juice!

Fresh, frozen or canned... does it matter?

No, it doesn't matter. They are all good for me! Just be sure to buy canned or frozen fruit "in its own juice." What matters most is that I learn to eat lots of different fruits over time.

Stock up on canned fruits when they're on sale. Buy fresh fruits in season for the best deals.

# about juice



I'm sure I've told you – I love juice!

It's sweet and so easy to drink! But too much juice is not healthy. It can cause my teeth to decay and it cuts my appetite for other foods.

I may ask for more than 1/2 cup of juice a day because I love it. Help me understand that I can't have all I want, but I can have **some** every day.

## Get me in the habit of:

- milk with meals
- milk, 100% fruit juice, or water with snacks
- water for thirst anytime
- drinking from a cup without a top



Give me 100% fruit juice.

Avoid giving me sweet drinks like soda, punch, and other fruit-flavored drinks.