

# TODDLER NUTRITION & DEVELOPMENT

Child Name: \_\_\_\_\_ Date: \_\_\_\_\_

AGE RANGE	DEVELOPMENTAL MILESTONES	NUTRITIONAL FOCUS
<b>12-18 Months</b>	<b>Self-Feeding</b> Uses fingers to eat; begins using a spoon; drinks from an open cup.	Transition to whole milk (max 16-24oz); introduce honey; focus on iron-rich foods and varied textures.
<b>18-24 Months</b>	<b>Preferences</b> Develops strong food likes/dislikes; can chew most family foods.	Consistent meal schedules; limit juice; encourage "rainbow" eating (fruits and vegetables).
<b>2-3 Years</b>	<b>Autonomy</b> Feeds self independently; expresses hunger and fullness clearly.	Transition to low-fat dairy options; portion control; emphasis on fiber and lean proteins.
<b>3-4 Years</b>	<b>Social Eating</b> Interested in food preparation; follows table manners.	Involvement in meal prep; focus on healthy snacking; monitoring calcium and Vitamin D intake.

## Observation Notes / New Foods Tried:

This chart is for educational purposes only. Consult a pediatrician for specific dietary requirements.