

Children's
Medical
Group



Twelve Month Feeding Guide

At twelve months your child is now a toddler. Your toddler should be off the bottle and drinking solely from a cup. You can now put your child on whole milk or 2% milk. Mix the cow's milk with an equal amount of formula in each cup for five days. If your child has no reaction you can stop formula completely. If your child has been on Prosobee or Isomil add one ounce of milk to three ounces of formula in each cup for five days, then two ounces of milk to two ounces of formula for five days, then three ounces of milk to one ounce of formula for five days. If no reactions, then you can stop formula completely. If your child reacts to milk, go back to just formula until 15 months of age. Breast feeding can be stopped when you and your child are ready to stop- there is no magic age.

Your toddler may have any food now, including honey and juice. However the risk of choking remains. Do not give your child peanuts, popcorn, raw carrots or celery and other hard foods. Your child will not be able to take these hard foods for quite awhile. Hot dogs are okay if they are cut into little pieces.

The new AAP guidelines for juice recommend no more than 4 oz. of 100% fruit juice for 1-3 year olds, 4-6 oz. of 100% fruit juice for 4-6 year olds and 8oz a day for children 7 and older.

Your toddler will gain half as much weight this year as the last year and so will not eat as much. Your child needs no more than 20-24 oz. a day of milk and milk products. Your child can drink as much water as he/she wants. Water does not interfere with your child's appetite like too much milk or juice can. As long as your child's appetite is good, vitamins are not needed. If your child does not eat from all four food groups a once a day vitamin can be given (liquid: poly-vi-sol, chewable: Sesame street, bugs bunny, flintstones, generic for kids). If you do not have city water and your well water does not have fluoride (your local health dept. will test water) your child will need a fluoride supplement.