



# Healthy Toddler Diet Checklist

- Breast feed as long as you can.
- Give nutrient-dense meals, tailored to their appetite. Steer clear of foods low in nutrients and high in saturated fat or sugar.
- Offer a wide variety of tastes and textures.
- If they're picky, persevere. It can take 10-15 times before some foods are accepted.
- Get them into a regular routine, eating as part of the family.
- Make sure you and other family members are great role models for your little ones.

For additional help on navigating nutrition through life's first 1,000 days listen to our Best Food Forward podcast series at [danonenutricia.com.au/bestfoodforward](https://danonenutricia.com.au/bestfoodforward)