

Make Healthy Shifts To Empower Toddlers To Eat Nutrient-Dense Foods in Dietary Patterns

Science shows that early food preferences influence later food choices. Make the first choice the healthiest choices that set the toddlers on a path of making nutrient-dense choices in the years to come. Examples of shifts in common choices to healthier, more nutrient-dense food choices include:



Cereal with Added Sugars

Cereal with Minimal Added Sugars



Fruit Products with Added Sugars

Fruit (e.g., canned in 100% juice)



Fried Vegetables

Roasted Vegetables



High-sodium Snacks

Vegetables



High-sodium Meats

Ground Lean Meats



Beverages with Added Sugars

Unsweetened Beverages