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Toddler Nutrition

Food provides the energy and nutrients that young children need to be healthy. Toddlers are learning to feed themselves and to eat new foods. They should eat a variety of foods from all of the food groups.

Each day, toddlers need enough nutrients, including:

- 7 milligrams of iron
- 700 milligrams of calcium
- 600 IU of vitamin D

Start Here

- **Feeding Your 1- to 2-Year-Old** [<https://kidshealth.org/en/parents/feed12yr.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/feed12yr.html>]
- **Healthy Eating for Toddlers** [<https://www.myplate.gov/life-stages/toddlers>] (Department of Agriculture)
- **Nutrition Guide for Toddlers** [<https://kidshealth.org/en/parents/toddler-food.html>]  (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/toddler-food.html>]


Related Issues

- **Snacks for Toddlers** [<https://kidshealth.org/en/parents/toddler-snacks.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/toddler-snacks.html>]
- **Stopping the Bottle** [<https://kidshealth.org/en/parents/no-bottles.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/no-bottles.html>]
- **Toddlers at the Table: Avoiding Power Struggles** [<https://kidshealth.org/en/parents/toddler-meals.html>] (Nemours Foundation)
- **Weaning Your Child** [<https://kidshealth.org/en/parents/weaning.html>] (Nemours Foundation)
- **When Your Toddler Doesn't Want to Eat** [<https://familydoctor.org/when-your-toddler-doesnt-want-to-eat/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/cuando-su-nino-pequeno-no-quiere-comer/>]

Specifics

- **Dietary Supplements for Toddlers** [<https://www.healthychildren.org/English/ages-stages/toddler/nutrition/pages/Dietary-Supplements-for-Toddlers.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/toddler/nutrition/paginas/dietary-supplements-for-toddlers.aspx>]
- **Healthy Food Choices for Your Family** [<https://www.healthychildren.org/English/ages-stages/gradeschool/nutrition/Pages/Making-Healthy-Food-Choices.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/gradeschool/nutrition/paginas/making-healthy-food-choices.aspx>]

Clinical Trials


- ClinicalTrials.gov: Toddler Nutrition [<https://clinicaltrials.gov/search?term=toddler+nutrition&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: The Biological Value of Proteins for Pediatric Growth and Development: A... [<https://www.ncbi.nlm.nih.gov/pubmed/40647326>]
- Article: Macronutrients, Micronutrients, and Malnutrition: Effects of Nutrition on Immune Function in... [<https://www.ncbi.nlm.nih.gov/pubmed/40362777>]
- Article: Work, Motherhood, and Nutrition: Investigating the Association of Maternal Employment on... [<https://www.ncbi.nlm.nih.gov/pubmed/40292448>]
- Toddler Nutrition -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Child+Nutritional+Physiological+Phenomena%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/>] 
Also in Spanish [<https://espanol.nichd.nih.gov/>]
- Food and Nutrition Service Programs Contacts by State [<https://www.fns.usda.gov/contacts/contact-map>]
(Food and Nutrition Service)
- KidsHealth [<https://kidshealth.org/>] (Nemours Foundation)

Patient Handouts

- Feeding patterns and diet - children 6 months to 2 years [<https://medlineplus.gov/ency/patientinstructions/000713.htm>]
(Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000713.htm>]



MEDICAL ENCYCLOPEDIA

- Cow's milk and children [<https://medlineplus.gov/ency/article/001973.htm>]
- Feeding patterns and diet - children 6 months to 2 years [<https://medlineplus.gov/ency/patientinstructions/000713.htm>]

Related Health Topics

- Child Nutrition [https://medlineplus.gov/childnutrition.html]
- Food Allergy [https://medlineplus.gov/foodallergy.html]
- Infant and Newborn Nutrition [https://medlineplus.gov/infantandnewbornnutrition.html]

National Institutes of Health

The primary NIH organization for research on *Toddler Nutrition* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [https://www.nichd.nih.gov/Pages/index.aspx]

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