



Parents decide: **What food is served**  
When food is served

Children decide: **Whether or not to eat**  
How much to eat

## 2 Years Old

Now the whole family can eat low-fat! Start gradually changing from whole milk to skim or 1% milk and choose grilled chicken, turkey or beef instead of high fat meats like spam and hotdogs.

### How Much Fat in Milk?

Many people are confused by the fat percentage on milk labels. For instance the label may say 2% fat, which sounds like almost nothing, but this is the same as getting one slice of bacon in every eight ounce glass of milk!

Type of Milk	Fat grams per cup (8 ounces)	How many pieces of bacon?
Skim or Fat-Free Milk	0.5 g	0
Low-Fat (1%) milk	2.5 g	1/2
2% milk	5 g	1
Whole Milk	8 g	1 1/2

To make the switch to lower fat milk, you can start by mixing the milk your child is used to with lower fat milk and gradually increasing the amount of lower fat milk until he is willing to drink skim milk alone.

Also some children do not like to drink "white" things. You may be able to get him to drink milk if it is in a dark container.

If your child won't drink milk at all, try to offer milk substitutes such as cheese and yogurt. Soy milk is another acceptable alternative too.

### Making healthier choices:

Instead of:	Choose this:
Cheeseburger	Small Hamburger, turkey burger or vegetable burger
Spam	Low-fat Spam or turkey luncheon loaf
Vienna Sausage	Sliced turkey or grilled chicken, fish



Hotdog

Chicken or turkey dog

Portuguese Sausage

Sausage made with chicken or turkey or vegetables

Most 2 year olds will do well to be offered 3 meals and 2 snacks daily. They may not eat something at each opportunity, but they need to have the opportunity to eat often.

Remember:

Parents decide: - What food is served  
- When food is served

Children decide: - Whether or not to eat  
- How much to eat

The portion sizes for 2 year olds are pretty small:

2-3 crackers, OR 1/4 to 1/2 (one quarter to one half) slice of bread, OR 1/4 (one quarter) cup of rice, AND 1/4 (one quarter) cup of vegetables or fruit, 1 egg OR 1 ounce of meat, poultry or fish.

Just the meat patty from a McDonalds (children's) cheeseburger would be enough protein for an entire day.

### **Developing Good Habits**

No more than 16 ounces (two cups) of milk in each 24 hour period. Encourage him to drink water whenever he is thirsty.

At two years old, your child can begin to learn to sit with the family at mealtimes. He may not want to sit for long, but many studies have shown that family mealtimes are very important. This is a time for children to learn about what their parents believe and what is important. You don't have to practice a speech about what you believe in, children learn by listening in while adults talk. You can let your child know that you'd like him to sit for a bit during the mealtime, don't focus any attention on whether he is eating or not. At this age, if your child is bored and wants to get down and play, it is best to let him go. Don't let him take food with him, he should only eat while at the table.

### **Screen Time**

The American Academy of Pediatrics recommends that children under two years old should never watch TV or videos. At 2 years old, the recommendation changes to recognize that good children's programs can actually help learning if limited to an hour or two daily. Choose what your child watches carefully, and turn it off when it is over.

### **Activity**

Keiki of this age often love jumping, throwing, and learning to catch and kick large balls. Some children are naturally very coordinated and learn quickly, some need more time to learn these skills. If your child seems less confident in these activities, it is even more important that you find time for physical play. Some kids love to be in water, some hate it. Be sure to supervise closely, especially if your child loves the water. Children just can't recognize danger at this age.