


Trust My Tummy

Learning to eat is a whole
new world for me!
I'm happy to have you at
the table as my teacher and
partner on this journey.



Be patient
— I'm still
learning

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It's Normal for Me To:

- Choose what I want from what you offer
- Refuse new foods at first
- Take time to learn new flavors
- Eat much less than you do
- Tell you when I'm full
- Feel safe when meals happen at regular times

My mealtimes tips for my parent and/or caregiver:

- Be patient with me I am still learning to eat
- Offer me a variety of foods
- Eat together with me
- Keep screens and toys away
- Keep my hands free to feed myself

I love when we eat together!

This is what I can eat and might eat

What I eat at 9 months	What I eat at 2 years	What Parents think I should eat
 <ul style="list-style-type: none"> • 1 strip of bun • 1 teaspoon of small burger pieces • 1 teaspoon of cut cheese • 1 teaspoon of cut tomato 	 <ul style="list-style-type: none"> • Half a bun • ¼ burger piece • Half slice tomato • Finger size cheese slice 	 <ul style="list-style-type: none"> Full burger • Both buns • Cheese and tomato slices
 <ul style="list-style-type: none"> • 1 tbsp of cooked rice • 1 teaspoon of vegetables • 1 teaspoon of scramble eggs • no soy sauce 	 <p>Half a plate-</p> <ul style="list-style-type: none"> • 1/2 cup of cooked rice • 3 Tbsp of vegetables • 3 Tbsp of scramble eggs • Soy sauce 	 <ul style="list-style-type: none"> • 1 cup of cooked rice • ½ cup of vegetables • 1 whole egg scramble • Soy sauce
 <ul style="list-style-type: none"> • 1 tbsp of cooked noodle pieces • 1 teaspoon of sauce and ground beef 	 <p>Half a plate-</p> <ul style="list-style-type: none"> • ¾ cup of cooked noodles • 3 Tbsp of sauce 	 <p>Almost full plate</p> <ul style="list-style-type: none"> • 1 cup of cooked noodles • ¾ cup of sauce

