1-2-3 Years Milestones
Article

Toddler’s Appetite

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You will notice changes in your baby's appetite when passing from a stage to another. What to do? How to deal with the current situation? Learn more

Is it normal for my toddler to eat less than she did when she was an infant?

Because growth slows after the first birthday, it is normal for a toddler's appetite to decrease.

Why does her appetite vary so much day to day?

Because toddlers are eager to demonstrate their newly acquired language and motor skills, they often get distracted at mealtimes. As a result, the amount of food your child ingests may vary from large one day to little the next. This is normal.

My toddler used to love bananas - now she won't touch them. What happened?

Food preferences vary from child to child and can even vary from day to day. Favorite foods may be requested for every meal for a week and then refused the following week. Although frustrating for parents, changing preferences are normal.

How much does my toddler have to eat each day?

Although the average toddler needs about 1,000 calories a day, you don't have to worry about counting her calories. Your toddler is naturally programmed to eat as much as her body needs.

Research has shown that even though intake at individual meals may vary, total daily consumption stays fairly constant.
Instead of worrying about how much your toddler eats, focus on what she eats. She's relying on you to provide a complete range of healthy foods so that she can have a well-balanced diet.

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