



## TODDLERS

Every baby is unique, but they all have one thing in common – in the first 1000 days of life, their brains are developing faster than at any other time. These early days are important and the nutrition they receive can affect the rest of their lives. As part of a varied, balanced diet, Isilac 3 Growing-Up Formula can help provide the growing child with the calories and nutrients needed for optimal growth and mental development.

Orange Dairy recognises that breastmilk provides balanced nutrition and protection, making it the best food for babies. But when families and healthcare providers decide that it is not possible to breastfeed, infant formula plays an important role in providing essential nutrients and is the only breastmilk substitute recognised by the World Health Organization.

## A DIFFERENT DIET

Toddlers are not small adults and a balanced diet for them is not the same as it is for an adult. Their nutritional requirements are different and need to be taken into account when planning meals.

### SUGAR & SALT

Toddlers should have less than 2g of salt per day – about one third of an adult maximum allowance. It is important not to add salt to any food prepared for a toddler and some adult foods are not suitable for toddlers as they are too high in salt or sugar. Two average digestive biscuits for instance, contain one fifth of a toddler's daily maximum salt allowance. Foods that contain natural sugars like fruit, vegetables and milk are fine, but foods that contain added sugar should be avoided.

### PORTION SIZES

A toddler's stomach is around one fifth the size of an adult stomach, so they need to eat small amounts of energy and nutrient rich foods frequently throughout the day to get the right balance. Toddlers should have three, small balanced meals a day with regular nutritional snacks in between.

### ENERGY & NUTRITIONAL NEEDS

Toddlers need a diet relatively high in fat and low in fibre. Although fibre is a good thing, it is also very filling and with toddlers, too much may mean they don't get all the energy and nutrients they need. Different foods have different nutrients, so it is important that toddlers eat a wide variety of foods to give them a balanced diet that aids healthy growth and development.

### FOOD SAFETY

Where toddlers are concerned, some foods need extra care when preparing and others should be avoided altogether.

- ✔ Salt should be avoided. Better to use herbs and spices to season dishes when cooking. If serving purchased prepared food, it is necessary to check the salt content.
- ✔ Artificial flavourings, colourings, preservatives and sweeteners should be avoided. Although they are not allowed to be added to manufactured baby foods and toddler drinks, they may be present in some adult foods. Some additives have been linked to behavioural problems in children.
- ✔ Eggs and shellfish should always be well cooked to help avoid the possibility of food poisoning.
- ✔ Nuts are a good source of some nutrients but if there is any family history of allergy, it is best to avoid them until toddlers are 3 years old. Whole or chopped nuts may be a choking hazard so should be avoided before the age of 5 years, but ground nuts/peanut butter should avoid that.

## FOOD FOR TODDLERS

From the age of 12 months, children should be having 3 meals a day. They may also need 2 healthy weaning snacks like fruit, vegetable sticks, toast, bread or plain yoghurt. There should be a wide variety of the following food groups in children's meals.

### VEGETABLES

Toddlers should be able to manage mashed, lumpy, chopped and finger foods, with vegetables cooked to soften them. Foods that are offered might include broccoli, parsnips, peppers, peas, cauliflower, swede, spinach, green beans, courgette, asparagus, kale, carrots, avocado, butternut squash and cabbage.

### FRUIT

Fruits should be washed, and pips, stones and hard skin removed. They can be chopped up or offered as finger food and might include bananas, blueberries, kiwi fruit, oranges, apples, raspberries, mango, nectarines, pears, strawberries, pineapple, papaya, melon, peach and plums.

### STARCHY FOODS

These can be cooked as necessary and offered as mashed, chopped or finger foods. Cereals can be mixed with pasteurised whole (full-fat) cows' milk (or goats' or sheep's milk). Foods can include potato, sweet potato, rice, baby rice, pasta, porridge, oats, oatmeal, maize, millet, quinoa, toast, bread, chapati and pitta bread.

### PROTEIN FOODS

This group includes meat, fish, eggs, beans and pulses and as well as providing protein, also has other useful nutrients like iron and zinc, which is important for growing toddlers. Foods might include chicken, turkey, beef, lamb, pork, fish (without bones), eggs, lentils, beans, tofu and pulses such as chickpeas. Oily fish such as salmon contain Omega 3 fatty acids. These can be beneficial for brain and eye development.

### DAIRY

Pasteurised dairy foods such as full-fat yoghurt and cheese are suitable for babies from 6 months. Full-fat, unsweetened or plain yoghurts are a good choice as they don't contain added sugar.

## DEVELOPMENT MILESTONES

### 1 YEAR

At this age a child may begin to use words, stand on their own, take a few steps and respond to simple requests. They may also enjoy finding things that are hidden, eating a greater variety of foods such as soft-cooked vegetables and soft fruits – as well as milk feeds. They can also be trying to help with getting dressed by putting out an arm or leg and be beginning to use an open cup.

**Parents should expect toddlers at 1 year old to be able to:**

- ✔ **Crawl.**
- ✔ **Stand without support.**
- ✔ **Point at things.**
- ✔ **Say simple words.**
- ✔ **Be interested in searching for hidden objects.**

### 18 MONTHS

At a year and a half, toddlers may be walking and using basic words as well as playing and being able to explore. They should also be beginning to understand what things in the house are for (like a cup or a spoon) and to shake their heads when they mean 'No'. They may be able to pull toys when walking, help undress themselves and eat at least some of the same foods as their parents.

**Parents should expect toddlers at 18 months to be able to:**

- ✔ **Walk.**
- ✔ **Try to copy other people.**
- ✔ **Learn new words.**
- ✔ **Say at least six words.**

### 2 YEARS

At the age of two, most toddlers are talking, walking, climbing, jumping, running and bursting with energy. They are able to sort shapes and colours and may even start potty training. They can also start to show defiance as they push boundaries and explore the world around them. They get excited when with other children and try to copy what their friends do. They will probably be able to say short sentences, follow simple instructions, know the name of familiar body parts and may be developing a dominant hand. Motor skills should be well developed by this age and toddlers should be able to use eating utensils – with some spills.

**Parents should expect toddlers at 2 years of age to be able to:**

- ✔ **Use common objects.**
- ✔ **Use two-word phrases.**
- ✔ **Copy actions and repeat words.**
- ✔ **Follow simple instructions.**
- ✔ **Walk steadily.**

## THE ISILAC RANGE

### Optimal growth, Development & Protection.

Research has shown that there are differences in the way the constituents in infant formulas are absorbed, which may have a bearing on growth and development. Isilac milks are advanced formulas that have been developed to mimic breastmilk as closely as possible and to meet the needs of infants from birth onwards.

### Products in the Isilac range benefit from:

- ✓ The highest standards of manufacturing procedures and quality (GMP, HACCP).
- ✓ Optimal digestion and metabolism.
- ✓ Optimal GI tolerability.
- ✓ Optimal growth and healthy weight gain.
- ✓ Optimal psychomotor, visual and mental development.
- ✓ Optimal bone mineralisation and strength of bone.
- ✓ Protection from micronutrient deficiency e.g. IDD, IDA, etc.
- ✓ Optimal immune response and protection with key ingredients HMO and GOS & Nucleotides.

400g



**ISILAC 1**

Infant formula for babies 0-6 months providing high protein for optimal growth.

400g



**ISILAC 2**

Follow-on formula for babies 6-12 months, designed to encourage the growth of beneficial bacteria while meeting the needs of a growing baby for increased calories, calcium, iron and protein.

400g



**ISILAC 3**

Growing-up milk for infants from 1 year, providing balanced calories and nutrients.

70ml



**ISILAC RTF**

Starter formula for babies 0-6 months is also available as a ready-to-feed preparation.

