Make Healthy Shifts To Empower Toddlers To Eat Nutrient-Dense Foods in Dietary Patterns
Science shows that early food preferences influence later food choices. Make the first choice the healthiest choices that set the toddlers on a path of making nutrient-dense choices in the years to come. Examples of shifts in common choices to healthier, more nutrient-dense food choices include:

- Cereal with Added Sugars → Cereal with Minimal Added Sugars
- Fruit Products with Added Sugars  →  Fruit (e.g., canned in 100% juice)
- Fried Vegetables → Roasted Vegetables
- High-sodium Snacks → Vegetables
- High-sodium Meats → Ground Lean Meats
- Beverages with Added Sugars → Unsweetened Beverages