

Some examples of healthy snack options for toddlers:

Fresh Fruits 	<ul style="list-style-type: none"> • Apple, banana, peach, nectarine, pear (thinly sliced for safety) • Cherry, grape, plum (sliced or mashed and pitted) • Orange or grapefruit (sliced into pieces) • Strawberry
Dried Fruits 	<ul style="list-style-type: none"> • Apple, apricot, peach, pear (sliced) • Date, prune (sliced) • Raisin or cranberry
Vegetables 	<ul style="list-style-type: none"> • Carrot, green bean (well cooked, diced) • Steamed cauliflower, broccoli • Yam or sweet potato (cooked and diced) • Peas (mashed for safety; your child can inhale whole pea and choke) • Steamed, pureed spinach or green vegetables • Avocado (sliced or in small cubes)
Dairy Products 	<ul style="list-style-type: none"> • Cheese (grated or diced) • Cottage cheese • Yogurt, fresh or frozen • Milk, including non-dairy milk alternatives
Breads and Cereals 	<ul style="list-style-type: none"> • Whole wheat bread • Whole grain tortilla, pita, or bagel cut into small pieces • Crackers (graham, whole grain) • Whole grain dry cereals • Rice cakes (for older toddlers)
Lean Proteins 	<ul style="list-style-type: none"> • Fish (canned tuna, salmon, sardines, whitefish) • Peanut butter or other nut butters (smooth, spread thinly on whole grain bread or crackers) • Edamame beans or chickpeas (steamed or mashed) or hummus spreads • Cooked tofu cubes or tofu dip • Hard-boiled eggs

Source: KK Women's and Children's Hospital and Health Promotion Board
 Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age. Geneva: World Health Organization; 2019

Check out more resources here!

How to reduce screen time for your child?
<https://polyclinic.singhealth.com.sg/Documents/ReduceScreenTime.pdf>



Tips on healthy sleep
<https://qrgo.page.link/Rb2sx>



Self-feeding video
<https://qrgo.page.link/EPMnv>



Health Promotion Board Healthy Recipe
<https://qrgo.page.link/33ehp>



INTEGRATED MATERNAL AND CHILD WELLNESS HUB



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Understanding Childhood Obesity



An initiative by:



The pilot stage of the Integrated Maternal and Child Wellness Hub programme was first funded by Temasek Foundation from 2019 to early 2022.

Childhood Obesity

Obesity is a rising problem among children and adolescents. In Singapore, childhood obesity rate has increased tenfold over the past 40 years.

Consequences of Childhood Obesity

A recent Singapore study has found that 7 in 10 children who are overweight at 7 years old will remain overweight into their adult years. This puts them at greater risk of developing life-threatening cardiovascular diseases and diabetes. Childhood obesity can also cause breathing and sleep problems, as well as joint problems and mental health issues.



Poor nutritional habits and insufficient physical activity can contribute to unhealthy weight gain in all age groups.

How to help your child aged 1-3 years old achieve a healthy BMI?



ZERO sweetened beverages.

Avoid introducing sweetened beverages such as malted drinks, probiotic cultured milk and fruit juice concentrates. Encourage your child to drink water to quench thirst.



Swop formula milk for plain, fresh milk as it contains less sugar. Children above 2 years old can have low-fat milk.



Limit screen time to **ONE** hour per day and sedentary time to **ONE** hour at a time.

Screen time

- Excessive screen time may lead to irregular sleep, eyesight problems, language and cognitive delays, behavioural issues and promotes sedentary behaviours
- Refer to other resources on page 3 for more healthy sleep tips

Sedentary time

- Limit use of prams/strollers or sitting for prolonged period of time to encourage your child's motor development



Ensure at least **TWO** servings of fruits and vegetables daily

Fruits and vegetables are rich in nutrients and fiber, and these are essential in maintaining a healthy, balanced diet. Serve a rainbow of fruits and vegetables for different vitamins and minerals.

Try cutting vegetables into different shapes and sizes. Use different vegetables to add colour to dishes.

**Check out some healthy recipes for toddlers on the next page.*



Spend at least **THREE** hours in a variety of physical activities

- Make it part of everyday play
- Boost concentration and attention span
- Develop motor skills, healthy bones and muscles
- Active bodies make brighter minds

** Check out some active play ideas for toddlers on the next page.*



Practice the **FOUR** Dos for a healthy lifestyle

1. Encourage regular sleep and wake times. Children 1-2 years old need 11-14 hours of quality sleep, including naps. Avoid overnight milk feeds as it promotes tooth decay.
2. Encourage self-feed with supervision. Do not force-feed, allow your child to choose how much to eat.
3. To prevent over-eating, offer nutrient-dense snacks, 2-3 hours apart from main meals. Pair fruits with protein for a healthy snack.
4. Cook your meals to limit amount of salt, sugar and oil. Increase amount of vegetables for a balanced diet. Parents are important role models for healthy habits during meal times.

**Check out some healthy sleep tips on the next page.*

