

**MEASUREMENT AIDS**  
FOR INFANTS AND TODDLERS

*Medidores de Alimentos para infantes y bebés que caminan*

## FREQUENTLY FORGOTTEN FOODS

- Water, juice, milk, soft drinks, other beverages
- Granola bars, cereal bars, ready-to-eat cereals
- “Finger” foods such as crackers, breads, teething biscuits
- Cookies, candy, ice cream, other sweets
- Cooked or soft fruits and vegetables
- Chopped or ground meats
- Cheeses

## MEAL OCCASIONS

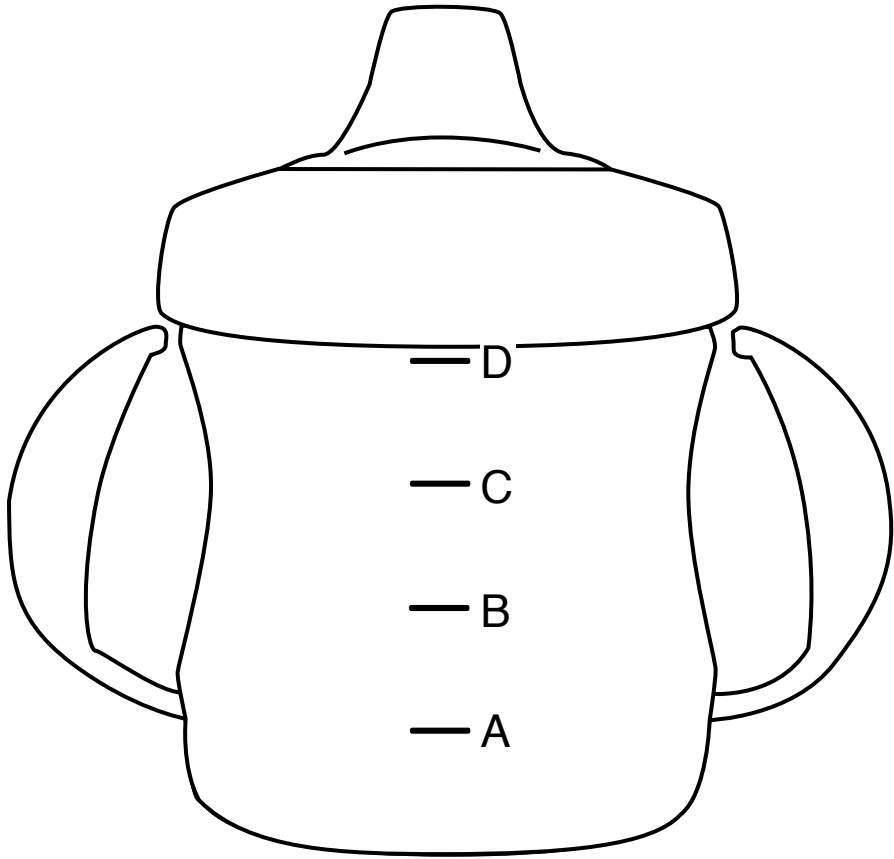
- Breakfast
- Lunch
- Dinner/Supper
- Snack
- Other

## COMIDAS O ALIMENTOS QUE SON FRECUENTEMENTE OLVIDADAS

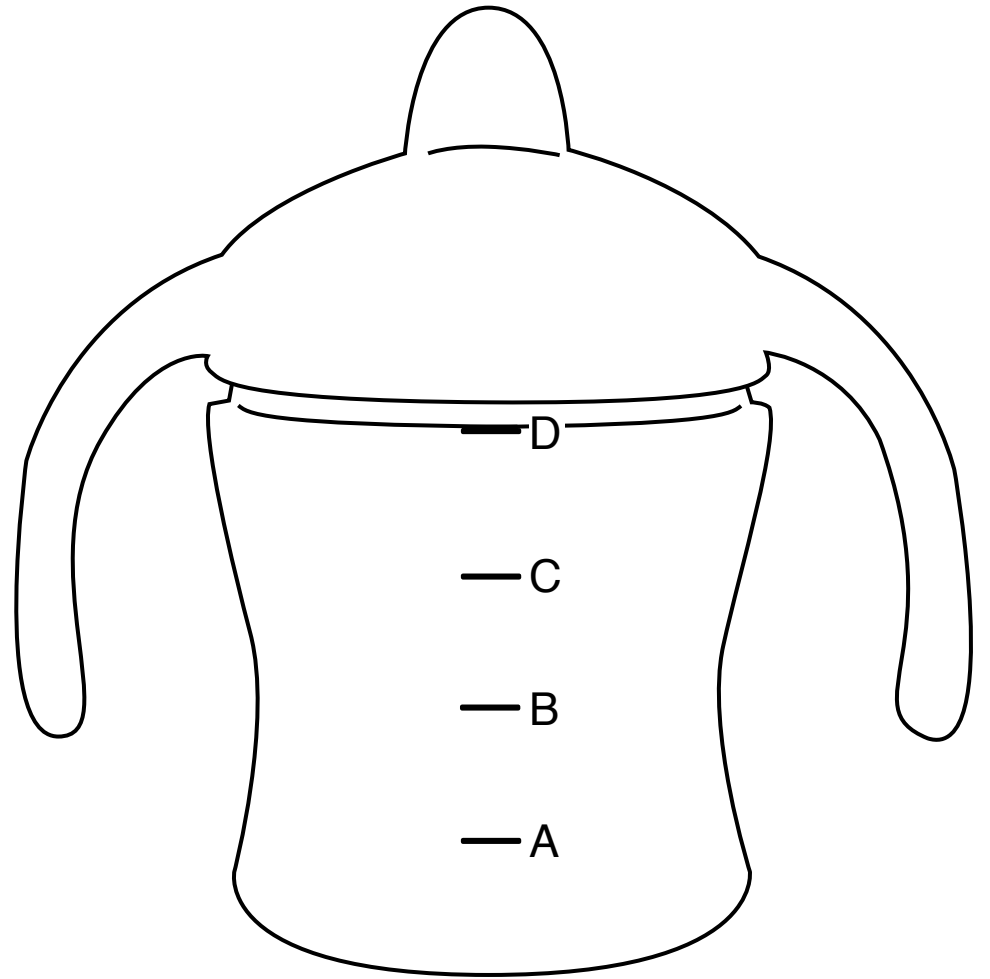
- Agua, jugos, leche, refrescos, otras bebidas
- Galletas o barras de Granola, cereales listos para comer
- Alimentos para comer con las manos, tales como galletas saladas o “crackers,” pan, galletitas para bebés (teething biscuits)
- Galletas, caramelos, helados, otros dulces
- Frutas y verduras o legumbres cocinadas o suaves
- Carnes picada
- Quesos

## OCASIONES DE COMIDAS

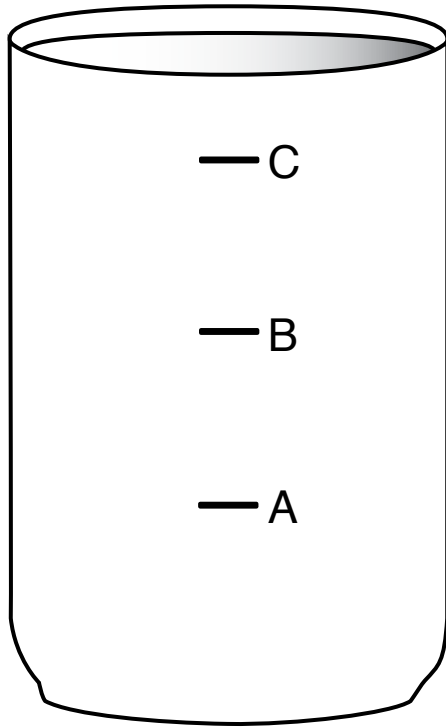
- Desayuno
- Almuerzo
- Cena
- Merienda o lonche
- Otro



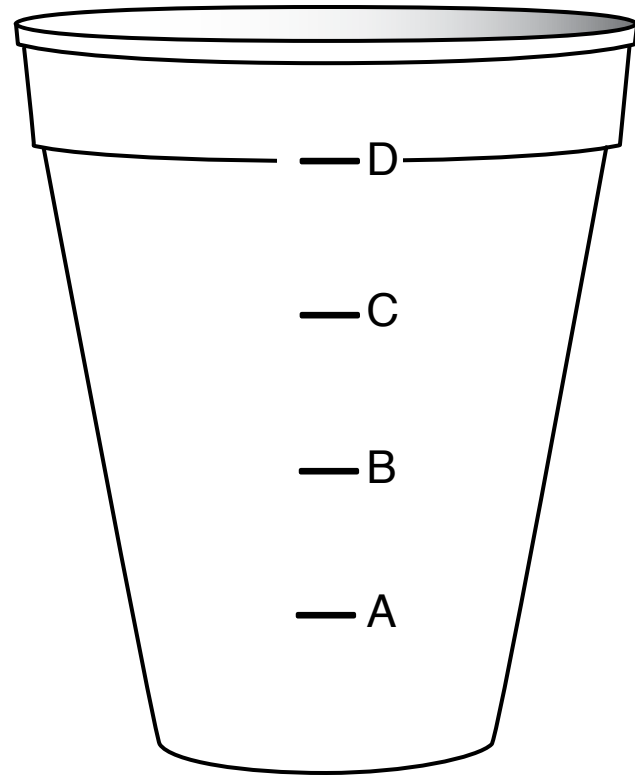
**C1**



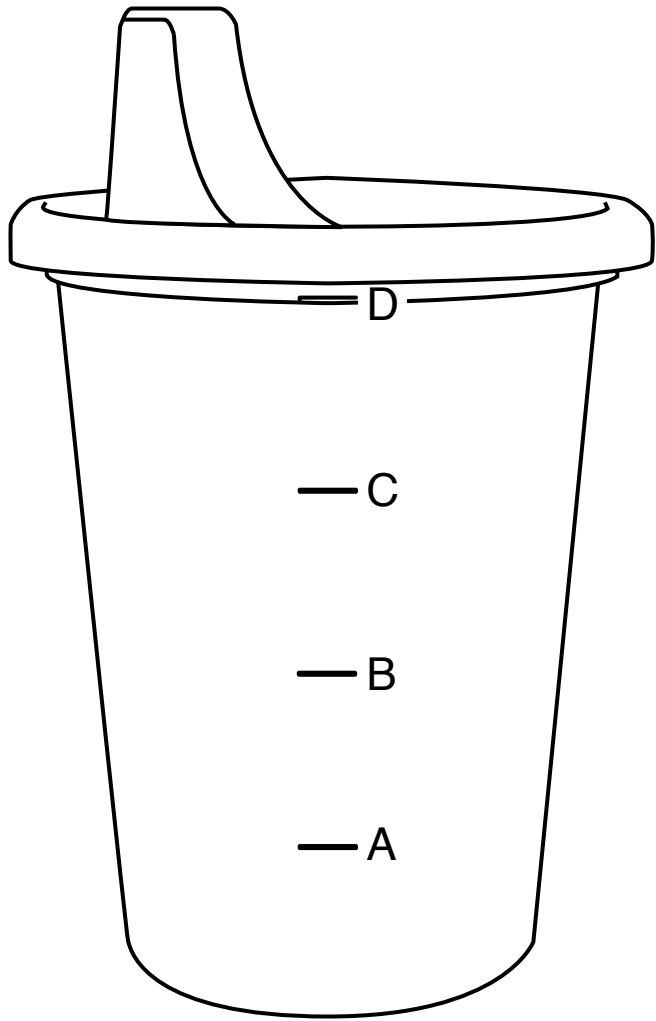
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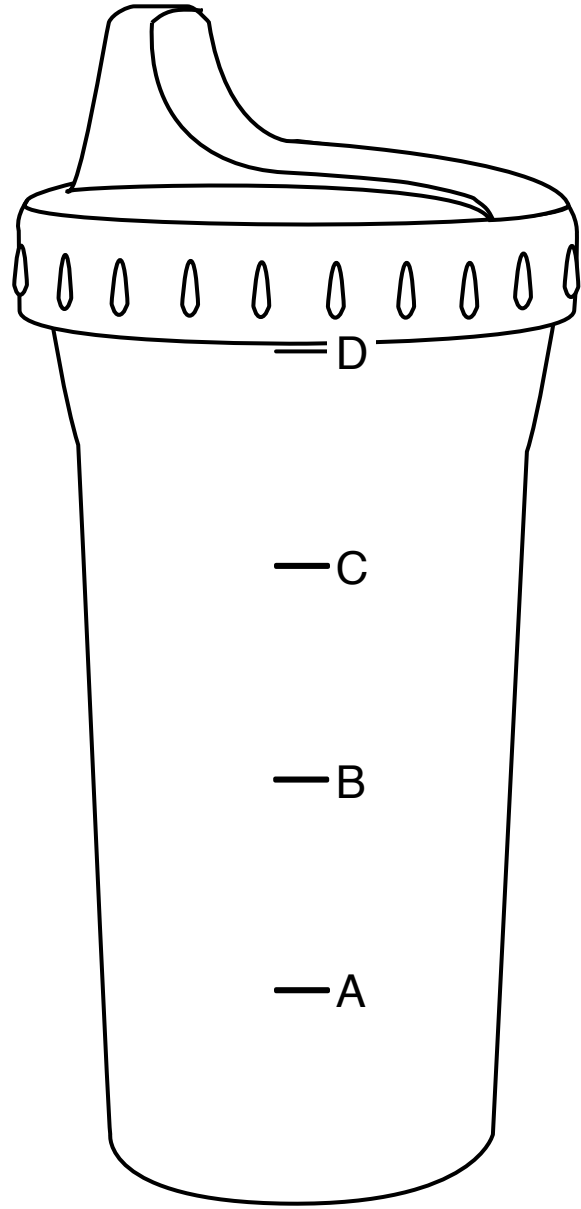
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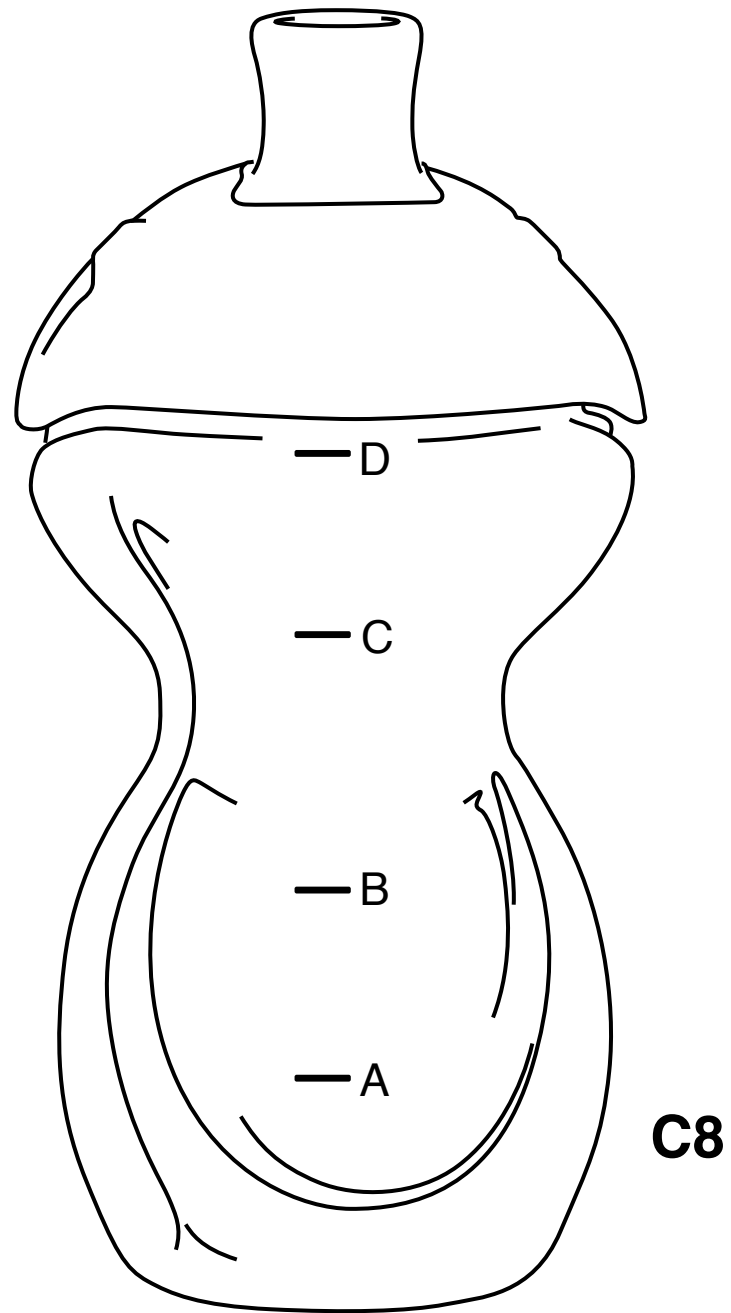
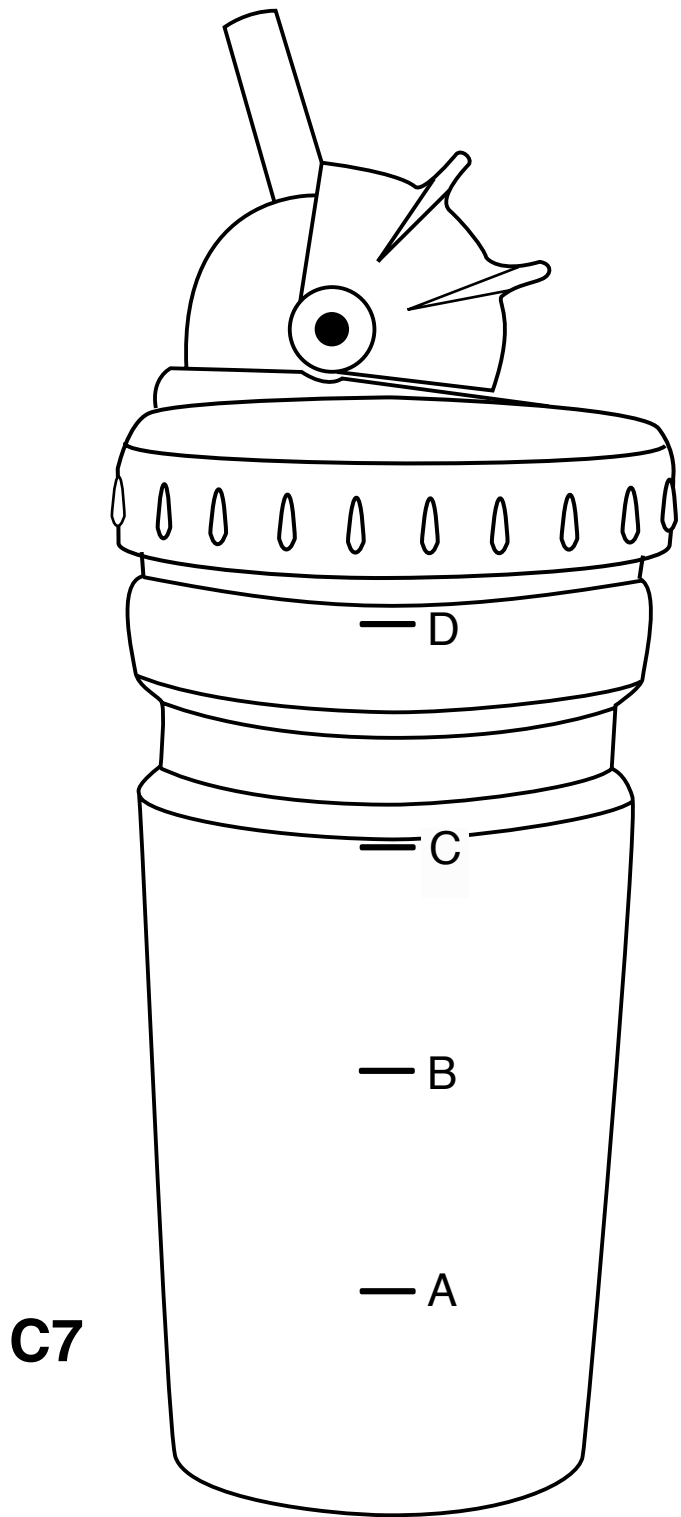
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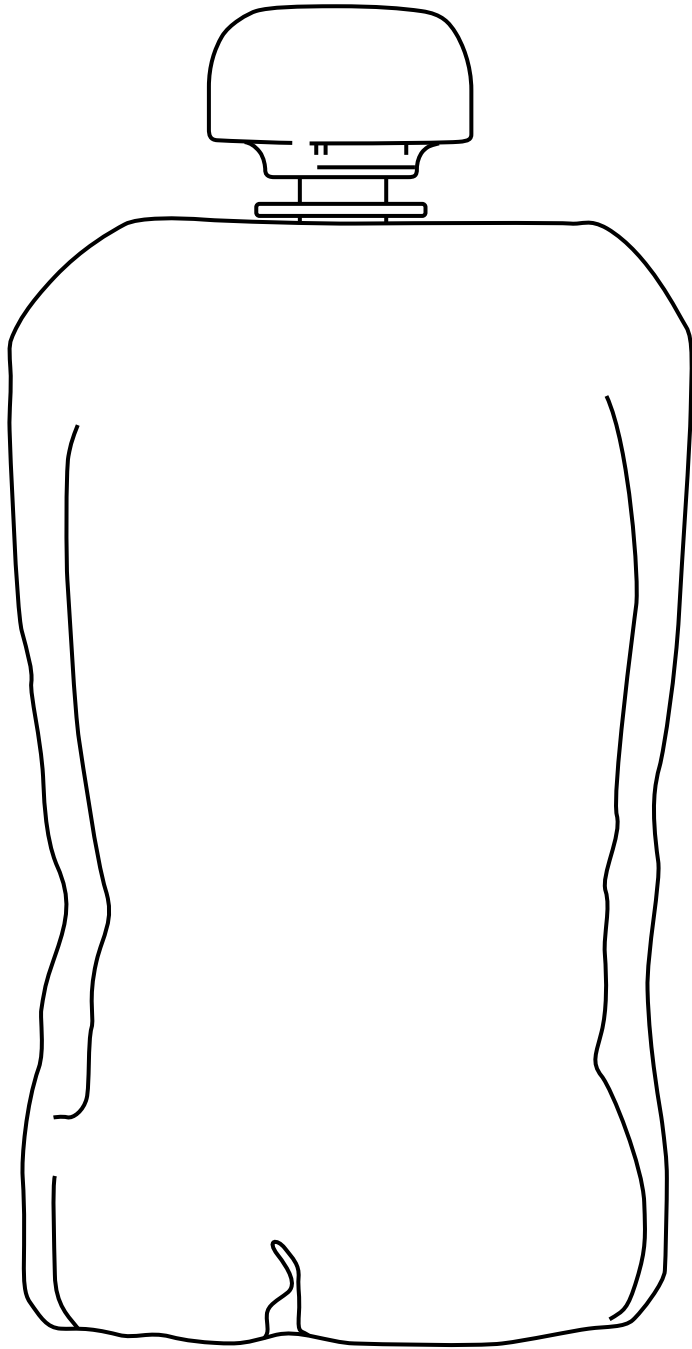


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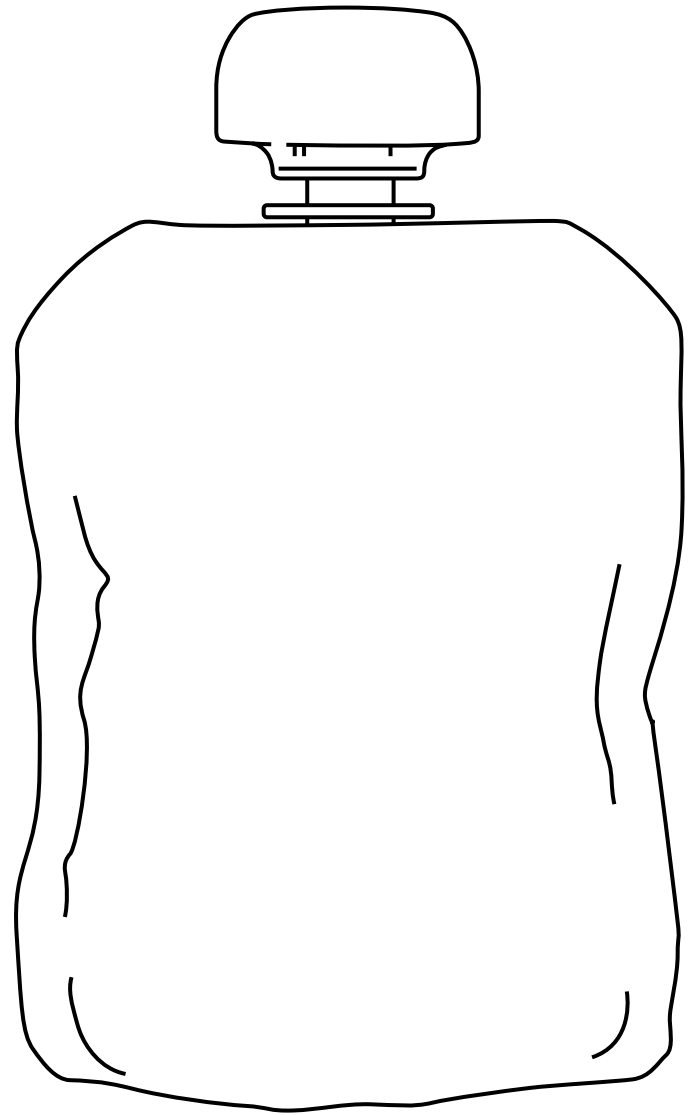


**C6**

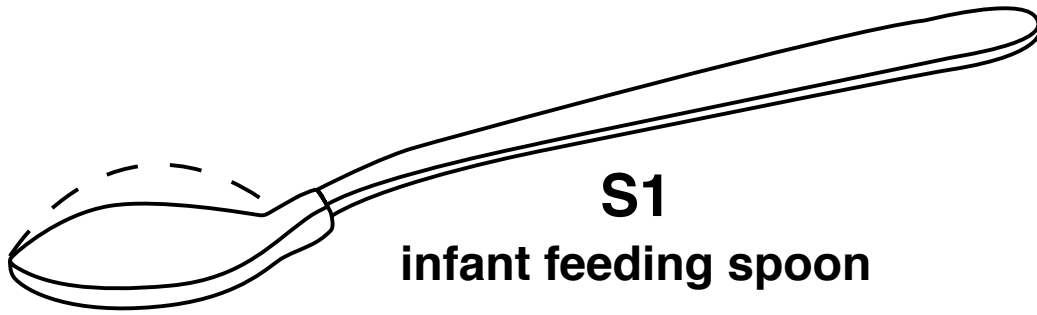




**P1**



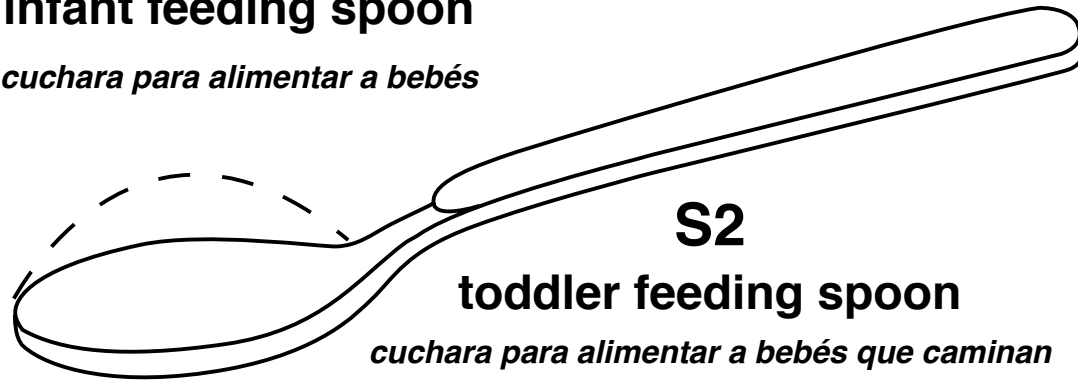
**P2**



**S1**

**infant feeding spoon**

*cuchara para alimentar a bebés*



**S2**

**toddler feeding spoon**

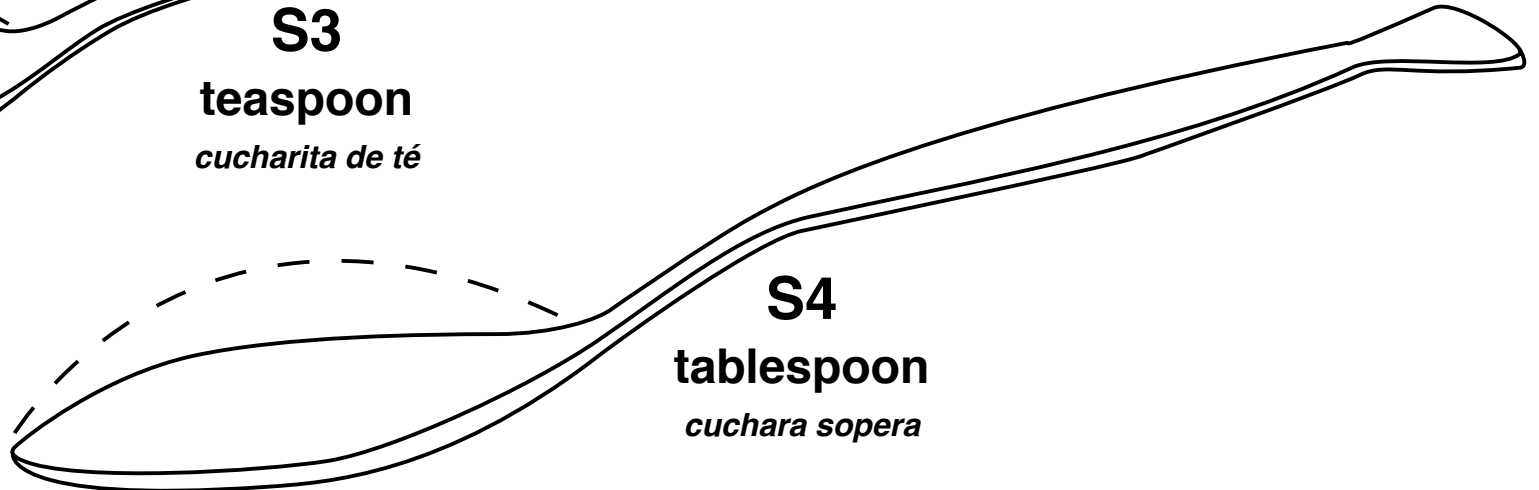
*cuchara para alimentar a bebés que caminan*



**S3**

**teaspoon**

*cucharita de té*

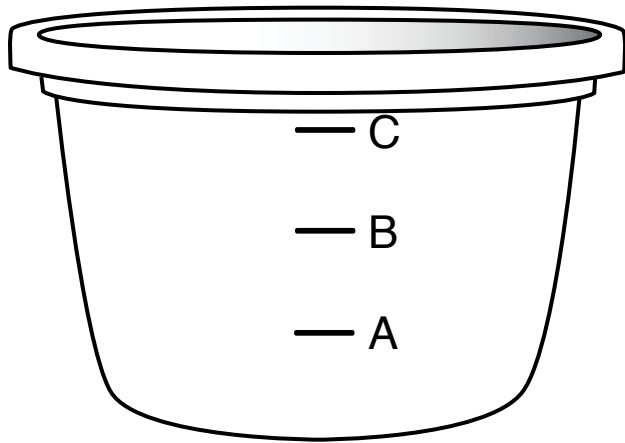


**S4**

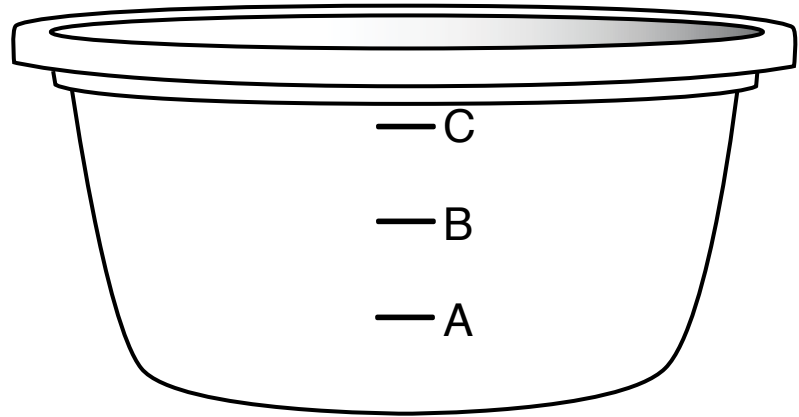
**tablespoon**

*cuchara sopera*

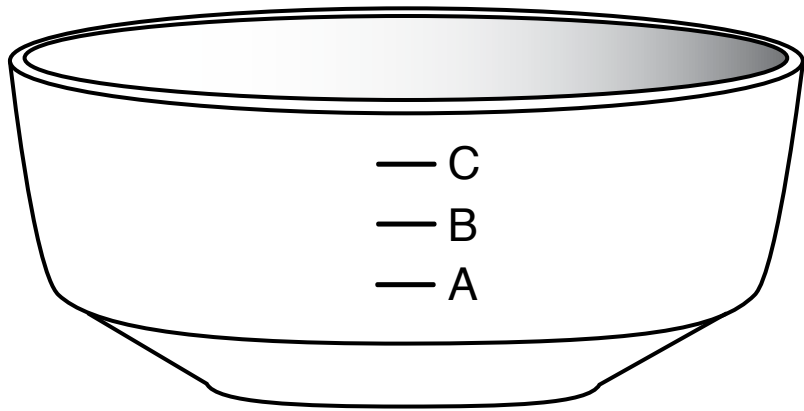




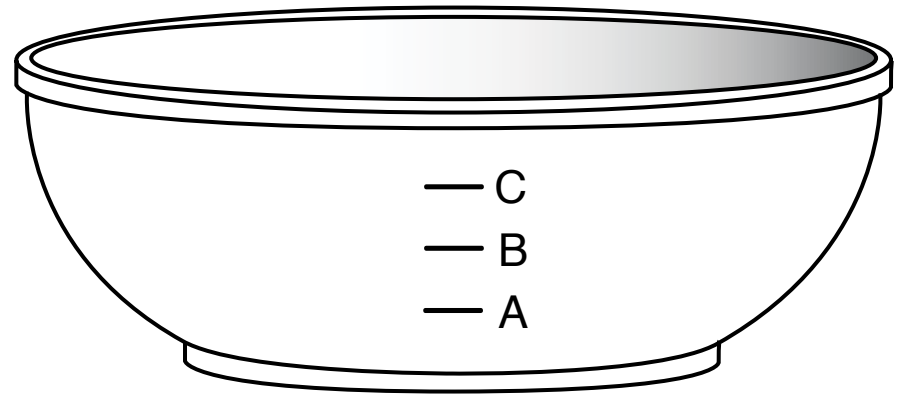
**B1**



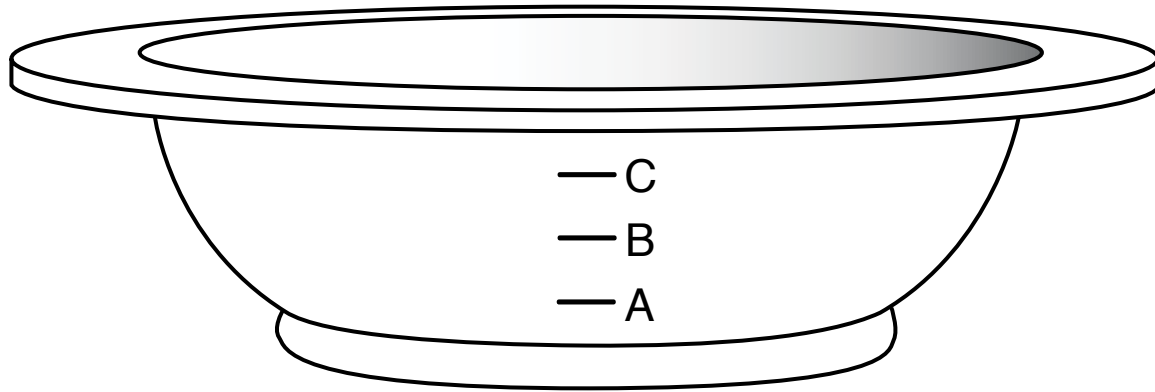
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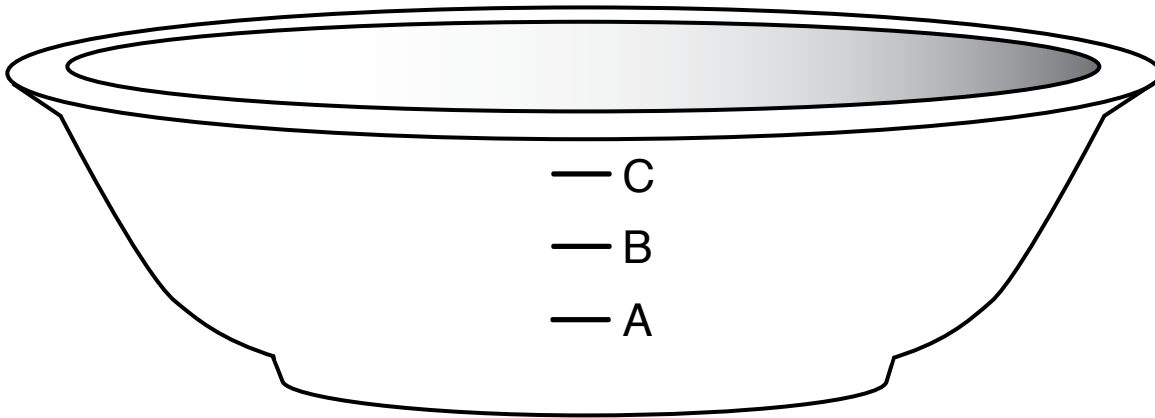
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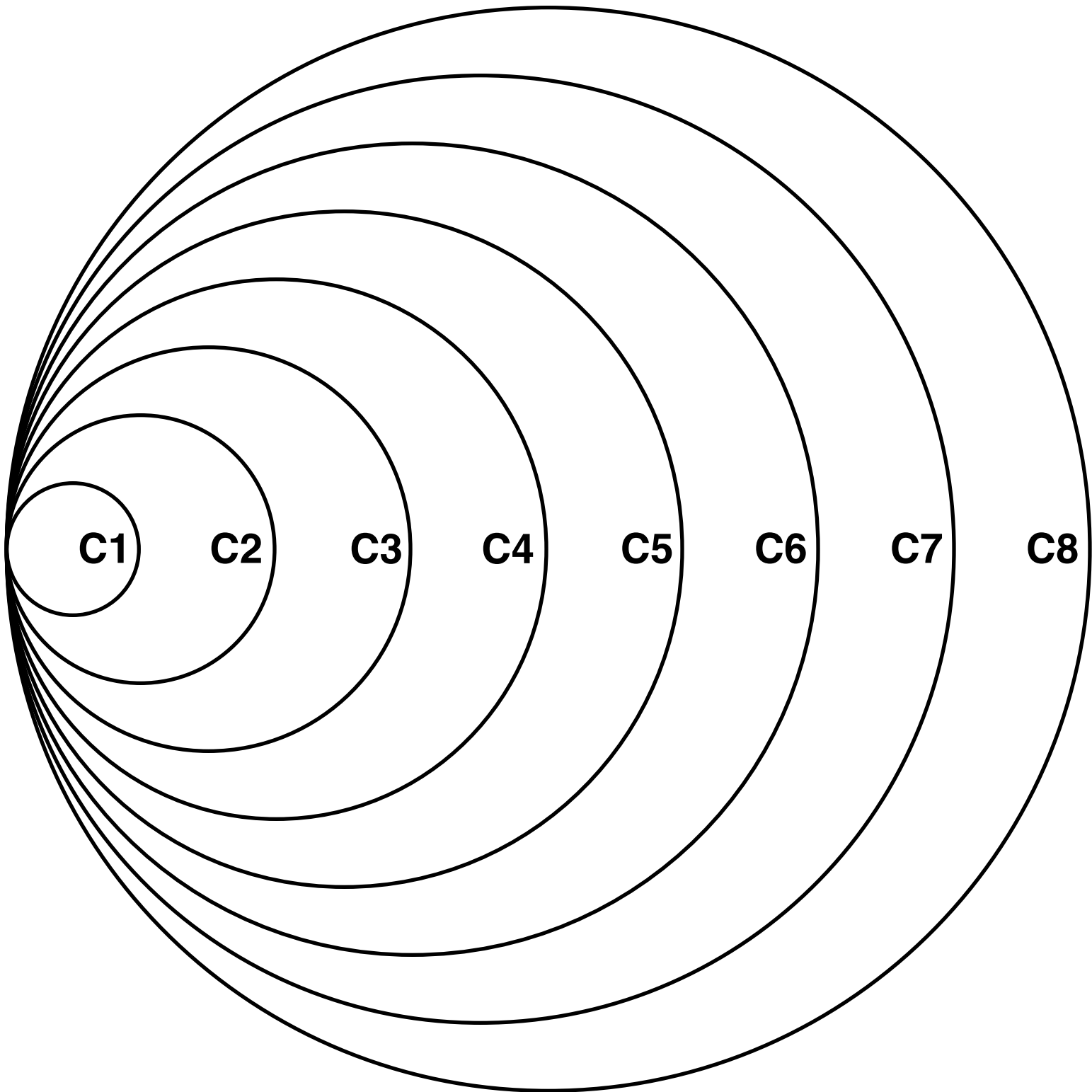
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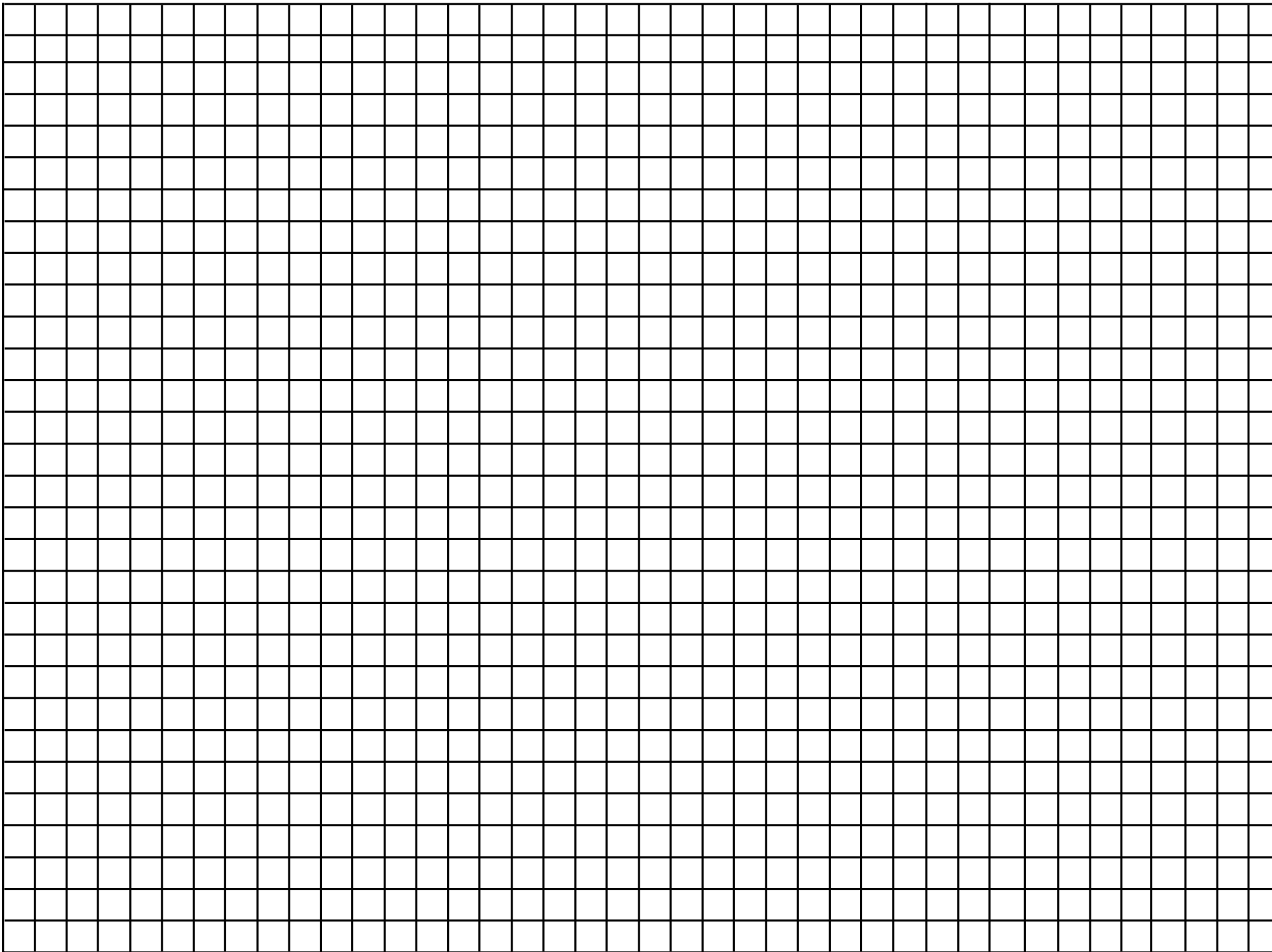
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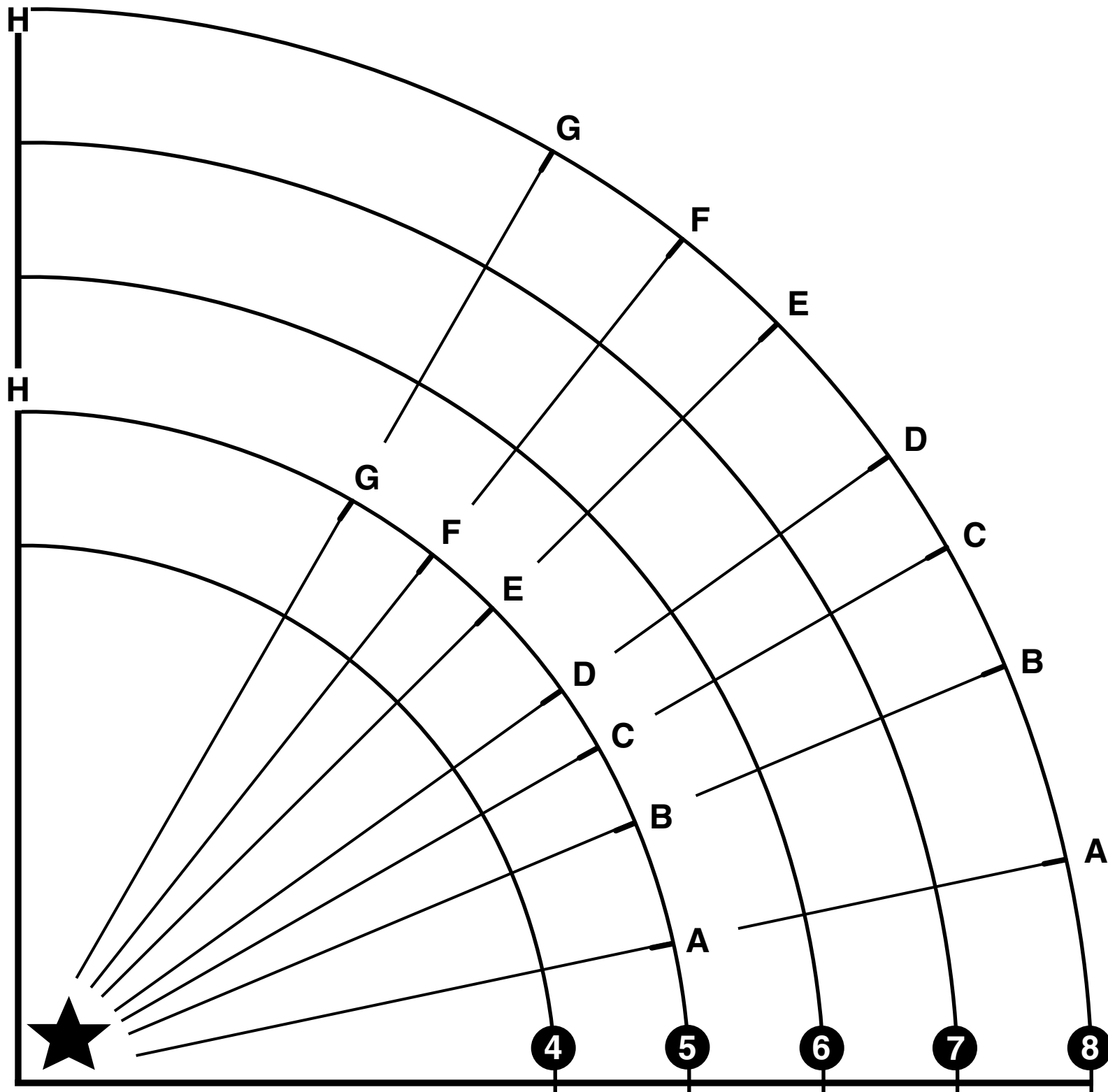
**B6**



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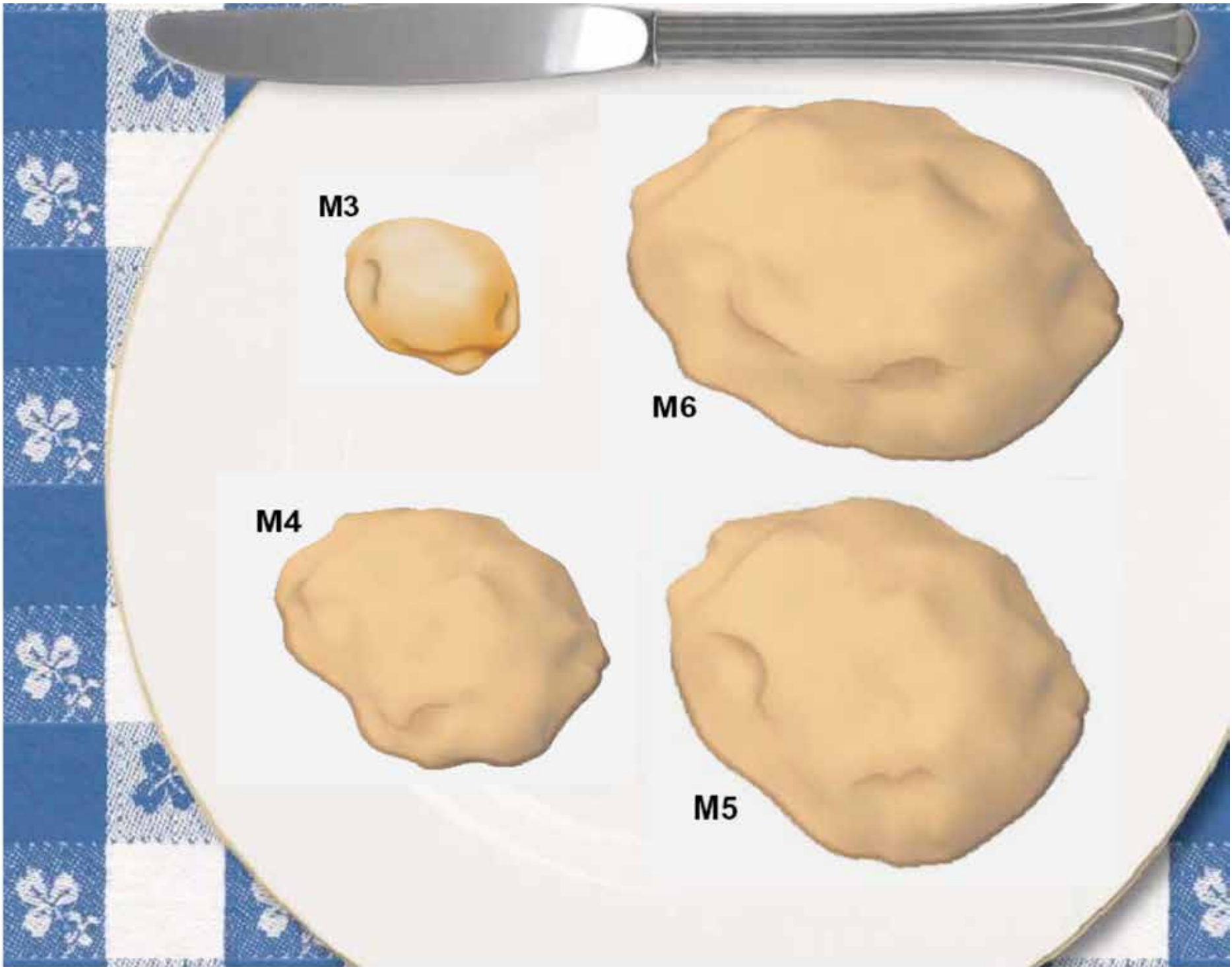


M1



M2





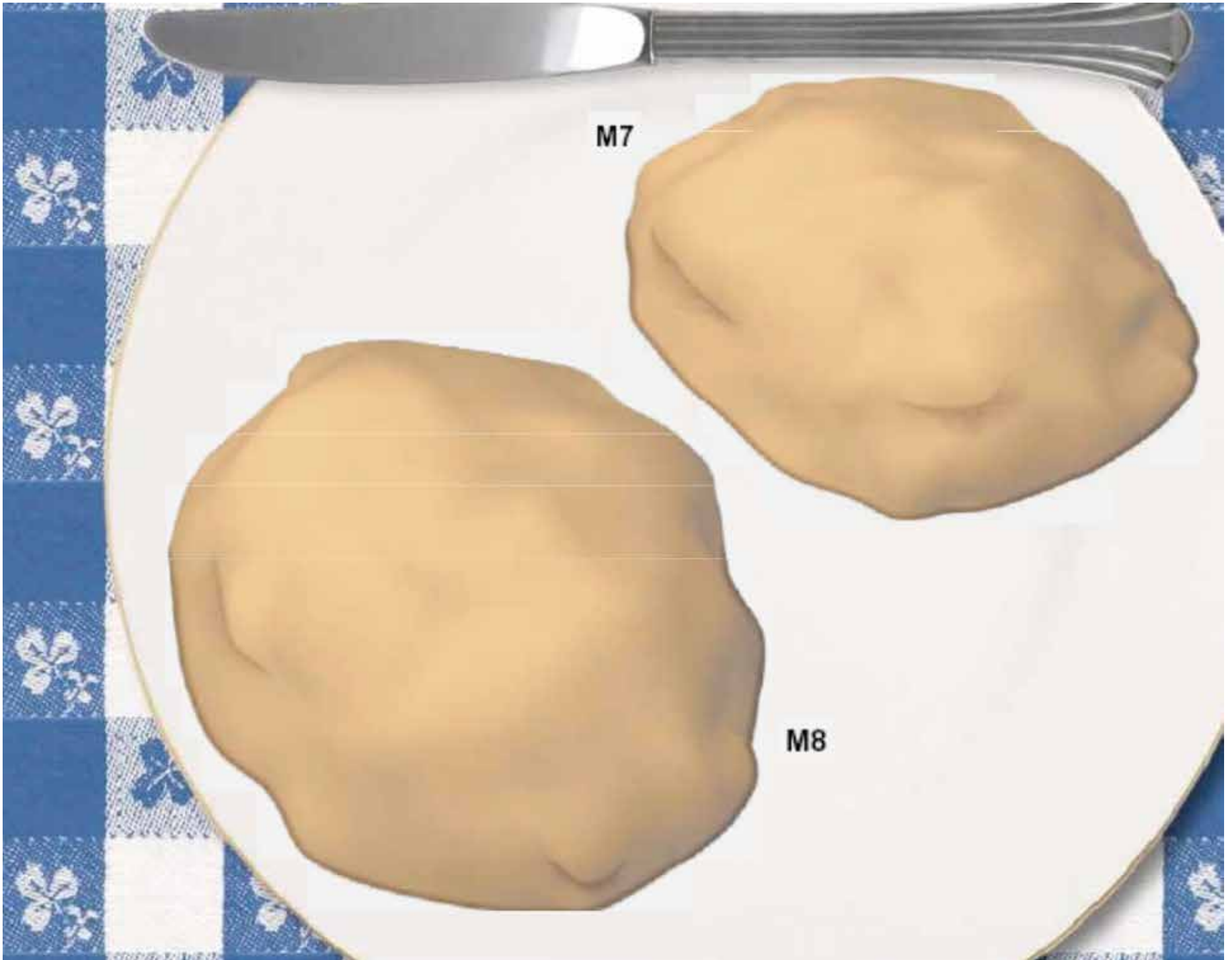
**M3**

**M6**

**M4**

**M5**





M7

M8

## STAGES OF CHILD DEVELOPMENT

	A	B	C	D	E	F
<p><b>What is baby doing?</b></p> <p>At this stage, baby...</p> <p>(Physical signs)</p>	<p>May have little or no head control</p> <p>May turn head from side to side</p> <p>May control head when body is supported</p>	<p>Sits with help or support</p> <p>On tummy, pushes up on arms with straight elbows</p>	<p>Sits independently</p> <p>Picks up objects and puts them into mounn</p> <p>Plays with toes and begins to grasp feet</p>	<p>Crawls with stomach off of floor</p> <p>Begins to stand with support</p>	<p>Stands alone</p> <p>Begins to walk alone</p> <p>May walk well alone</p> <p>May run</p>	<p>Runs well without falling</p> <p>May stand on one foot</p> <p>May jump in place</p>
<p><b>¿Qué está haciendo (el/la) bebé?</b></p> <p>En esta etapa (el/la) bebé...</p> <p>(Indidaciones físicas)</p>	<p>Es posible que tenga poco o ningún control (de movimiento) de su cabeza</p> <p>Es posible que voltea o gira la cabeza de un lado al otro</p> <p>Es posible que controle (el (movimiento de) su cabeza cuando su cuerpo esta sostenido</p>	<p>Se sienta con ayuda o apoyo</p> <p>Echado(a) en su barriga, empuja arriba con sus brazos y codos derechos</p>	<p>Se sienta por si mismo(a)</p> <p>Levanta objetos y los mete a la boca</p> <p>Juega con los dedos del pié y empieza a agarrar los piés</p>	<p>Gatea con la barriga no tocando el piso</p> <p>Empieza a pararse con apoyo</p>	<p>Se para por si mismo(a)</p> <p>Empieza a caminar solo(a)</p> <p>Es posble que camina bien por si mismo(a)</p> <p>Es posible que corre</p>	<p>Corre bien sin caerse</p> <p>Es posible que se pare en un solo pié</p> <p>Es posible que salte en un sitio</p>

**Citation:**

Anater AS, Catellier DJ, Levine BA, Krotki KP, Jacquier EF, Eldridge AL, Bronstein KE, Harnack LJ, Lorenzana Peasley JM, Lutes AC. The Feeding Infants and Toddlers Study (FITS) 2016: study design and methods. *J Nutr* 2018;148:1516S–24S.