
Enfagrow
The Toddler Playbook
Nourish your kiddo with confidence.
INSIDE: A PEDIATRICIAN CHECKLIST!
BRAIN NUTRITION MATTERS THROUGH AGE 3
PLUS, EXPERT ADVICE.
For 12-36 months.

# Your Pediatric Visit Checklist

Uncertain what to ask or share with your pediatrician?
Use this checklist to cover your bases.

### Growth, Milestones & Sleep

- ✓ Height, weight, and growth curve
- ✓ Language, social, and motor skill progress
- ✓ Sleep patterns and routines
- ✓ Preschool and early learning guidance

### Nutrition & Feeding

- ✓ Eating habits and variety of foods
- ✓ DHA, iron, protein, and calcium needs
- ✓ Changes in appetite during teething
- ✓ Maintaining balanced nutrition



## Dear Parents,

Watching your toddler grow and discover the world is such a joy. Every **new word, movement, and laugh** reflects the incredible work happening inside your child's rapidly developing brain.

During this stage, **nutrition plays an important role.** Nutrients like DHA (an omega-3 fatty acid), iron, and protein are key in **supporting growth and brain development.**

Since toddlers can be selective eaters, offer a variety of foods, including whole grains, fruits, vegetables, dairy, proteins, and healthy fats. Even **small daily improvements** in what they eat can **make a lasting difference.**

Every small, balanced choice supports your child's growing mind and body.



With care,

**Prem Fort, MD**
Double board-certified
Neonatologist and Pediatrician

Scan to watch more tips from Dr. Fort!

# Growing Brains = Big Milestones

Good nutrition does more than fuel play...it supports brain development.* Help your toddler reach key milestones in life!



In the **first 3 years of life,** toddlers' brains grow to **85% of their full size,** forming billions of new connections! **Key nutrients** during this time help fuel **healthy brain growth and development.**

## DHA

omega-3 fatty acid for visual and cognitive development.

## PROTEIN

provides essential building blocks for growth.

## IRON

helps brain development and immune function.

## VITAMIN D

promotes calcium absorption and supports immune system.

## CALCIUM

supports bone and teeth development.



*Brain development is determined by various factors such as proper nutrition and stimulation.

# A Menu for the Mind: Supporting Brain Growth with Nutrition

A healthy diet includes nutrient-dense fruits, vegetables, grains, proteins, dairy, and oils.

## A toddler's balanced daily meals should include:



2-3 servings of **grains**



2-2½ cups of **dairy**



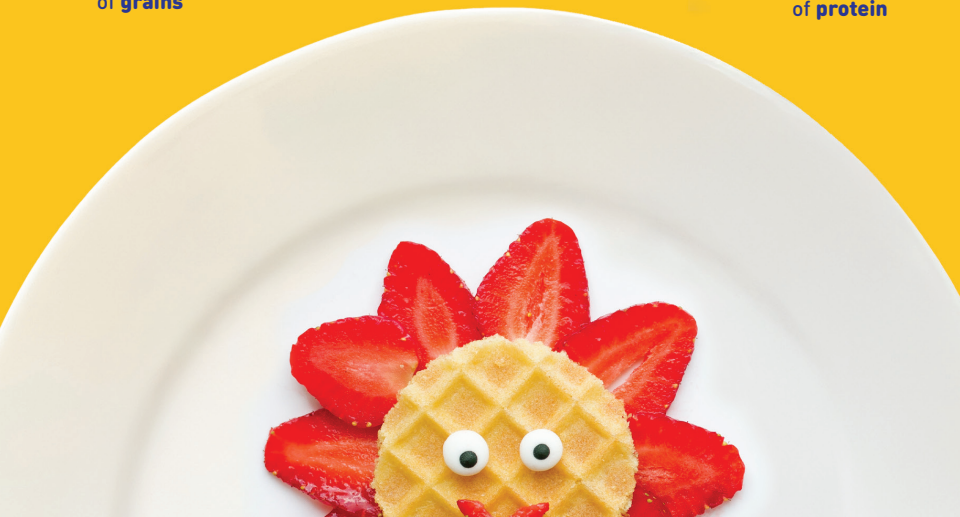
1 cup of **fruits**



1 cup of **vegetables**



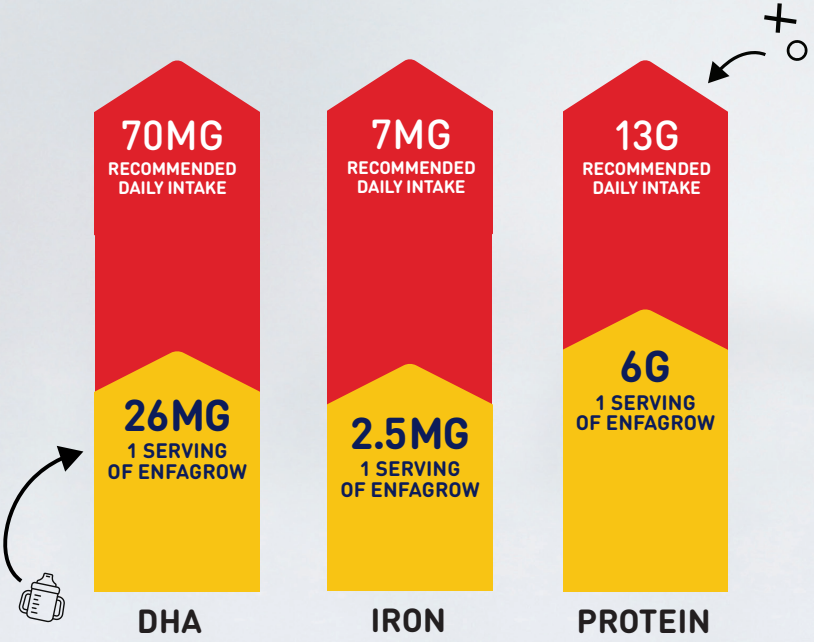
1½ -2 ounces of **protein**



# Think Outside the Plate

Toddlers don't always make hitting nutrient targets easy. **According to the Healthy Eating Index, US toddlers score a 63/100, signaling suboptimal diet quality.** Between picky eating and changes in their favorite foods, consistently serving them a balanced meal can be challenging. **Cue Enfagrow: a delicious, toddler-friendly drink to complement their diet and help fill nutrient gaps to meet the daily recommended intake.***

It has **key nutrients** like DHA, iron, and protein to **help support brain development.**




*Enfagrow is not a sole source of nutrition but a complement to a balanced diet.

Enfagrow™

# A growing brain needs more than milk. That's why Enfagrow has:

- ✓DHA
- ✓Iron
- ✓Protein
- ✓Vitamin D
- ✓Calcium
- ✓And more*

✓Made with real milk!




*See nutrition facts panel on packaging.

**Available at:**

Walmart · amazon · Target · BJ's · + SNAP ELIGIBLE · COSTCO WHOLESALE · sam's club

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