

- ✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

Feeding Your Child from 3 to 5 Years

Good nutrition is important for your child's health. This guide will help you choose the foods your child needs to grow up healthy.

Tips for teaching your child to eat healthy foods

- » Serve healthy foods and encourage your child to try new foods.
- » Let your child help with food shopping and cooking.
- » Be a good role model for your child by eating healthy yourself.
- » Limit the amount of fast food your child eats. Ask your nutritionist about healthy food choices if you do eat out.
- » Serve meals and snacks around the same time every day.

Tips for feeding your child new foods

- » Serve your child's favorite foods along with new foods.
- » Encourage your child to try a new food, but don't force him to eat it. Let your child decide whether to eat the new food and how much to eat.
- » Keep serving a new food even if your child has refused it. It may take several times before he tries the food.
- » Serve small portions of new foods and let your child ask for more.

Tips for making mealtimes fun

- » Eat meals together as a family. Sit at the table and turn off the TV.
- » Use your child's favorite plate, cup, bowl, spoon, and fork.
- » Offer your child foods in many shapes and colors.
- » Do not use food to reward, bribe, or punish your child.



Food Groups & Serving Sizes for Young Children

Your child needs a variety of foods. Below is a list of the different food groups and how many servings of each kind of food your child should have every day.



Sample Menu

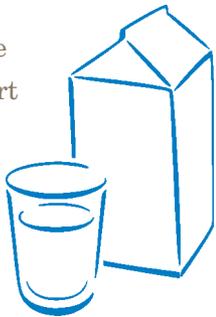
Breakfast	Oatmeal with raisins, milk, orange juice
Morning Snack	Toast with peanut butter, milk
Lunch	Tuna sandwich, carrot sticks, milk
Afternoon Snack	An apple or applesauce
Dinner	Bean and cheese burrito, broccoli, milk
Snack	Graham crackers, milk

Milk, Yogurt, and Cheese (4 servings each day)

Choose 1% lowfat, fat-free skim, or lactose-free milk.

Some examples of a serving are:

- » 1/2 cup milk
- » 1 slice cheese
- » 1/2 cup yogurt or pudding



Vegetables (3 servings each day)

Offer a variety of vegetables to your child. Some examples of a serving are:

- » 1/2 cup raw or cooked vegetables
- » 1/2 cup tomato or spaghetti sauce
- » 1/2 cup tomato or vegetable juice

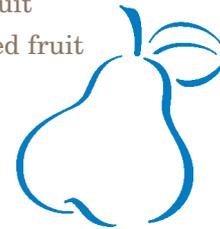


Fruit (2 servings each day)

Choose fruits and juices without added sugar.

Some examples of a serving are:

- » 1 medium piece fruit
- » 4 ounces fruit juice
- » 1/2 cup cut up fresh, canned, or frozen fruit
- » 1/2 cup dried fruit



Bread, Cereal, Rice, & Pasta (6 servings each day)

Choose whole grain breads and cereals. Some examples of a serving are:

- » 1 tortilla or slice of bread
- » 1/2 cup dry or cooked cereal
- » 1/2 cup rice or pasta
- » 6 crackers



Meat, Fish, Beans, Eggs, & Nuts (2 servings each day)

Some examples of a serving are:

- » 2 ounces meat, poultry, or fish
- » 1 egg
- » 1/2 cup canned or cooked dry beans
- » 2 tablespoons peanut butter
- » 2 ounces of tofu



What your child needs to drink

- » Your child needs about 2 to 3 cups of lowfat or skim milk per day.
- » Limit juice to 4 ounces a day.
- » Make sure your child drinks plenty of water throughout the day, especially between meals and snacks.
- » Limit punch, soda, and other drinks with added sugar.

Fats, Oils, and Sweets

Eat less of these foods.

Some examples are:

- » butter, margarine, or oil
- » cookies, candy and cake
- » soda or Malta, iced tea, and fruit drinks such as Sunny Delight, Hi C, or Kool-Aid
- » fast food

