

HELPFUL SUGGESTIONS FOR EATING MADE EASY

- Turn off the television and enjoy each other's company at mealtime.
- Encourage your child to stop eating when full.
- Feeding children is easier if food is not used as a reward or punishment.
- Remember: It is not how often your child eats, but what food and how much is offered.
- Healthy snacks are important.
- Healthy desserts can be fruit, graham crackers or pudding.
- Select foods from all the five food groups from the Food Guide Pyramid.
- Make mealtime a happy time.
- Use chairs, dishes, cups and silverware suitable for the size of your child.
- Serve child size portions. Your child can ask when they want more food.
- Give your child healthy choices to choose for meals.
- Serve one new food at a meal with one food that your child especially likes.
- Steam, bake or boil vegetables until tender crisp.
- Bake, broil or grill meats.
- Serve fruits raw or cooked.
- Season foods lightly.
- Fruit drinks, fruit beverages and fruit roll-up foods are not recommended.

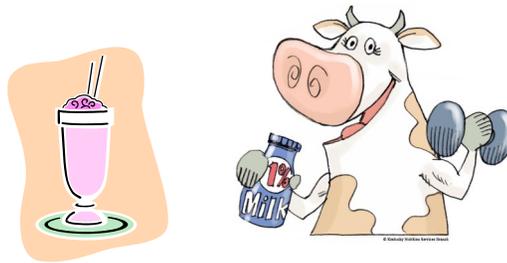


SUGGESTIONS FOR BETWEEN MEAL SNACKS

- Raw vegetables or fruits
- Dried fruits, nuts or popcorn—be careful of piece size to prevent choking
- Milk and graham crackers or animal crackers or cereal
- String cheese
- Yogurt
- Cheese cubes with fruit cup

Limit the high calorie snacks such as candy, chips and soft drinks.

Prevent choking by not serving small, hard pieces of food to children under the age of 2.



YOGURT SMOOTHIE

Container of vanilla yogurt
¼ cup lowfat milk
½ cup fruit (such as strawberries, bananas, peaches, raspberries)

Mix the above ingredients in a blender or with a mixer until smooth.

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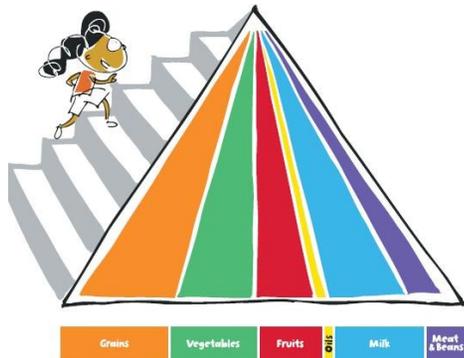
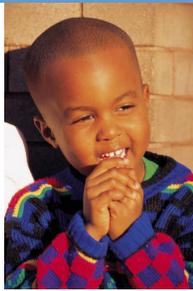


*Eating
Made
Easy
Ages
1-5*



DAILY FOOD NEEDS FOR YOUR PRESCHOOL CHILD

A child needs a balanced diet that includes foods from each of the five food groups from the My Pyramid.



GRAINS GROUP

6-11 servings daily to include:

- ◆ ½ - 1 slice or piece of bread, cornbread, biscuit; 1 ounce of dry cereal; ½ cup cooked cereal or pasta; 2-4 crackers or 1 small tortilla .
- ◆ Make sure that each is either enriched or whole grain.



VEGETABLES GROUP

3 or more servings daily to include:

- ◆ 3 tablespoons - ½ cup serving of a deep yellow-orange or dark green vegetable such as carrots, broccoli, sweet potatoes and spinach
- ◆ 3 tablespoons - ½ cup serving of potatoes, green beans, peas or other vegetables



FRUITS GROUP

2 or more servings daily to include:

- ◆ ¼ - ½ cup serving or ½ - 1 whole orange, grapefruit, tomato
- ◆ A serving of ½ - 1 piece of another fruit
- ◆ Limit 100% juice to 6 ounces daily



MILK GROUP

4 servings daily to include:

- ◆ ½ to 1 cup milk or yogurt (4 to 8 oz.)
- ◆ ¾ to 1½ slices cheese
- ◆ After age 2, use 1% or less dairy products.



MEATS and BEANS GROUP

2-3 servings daily to include:

- ◆ 1 to 2 ounces lean meat, poultry, fish
- ◆ 1 to 2 eggs
- ◆ ⅓ to ½ cups beans
- ◆ 2 to 3 tablespoons peanut butter



Use lowfat ways to prepare foods. Season foods with herbs and spices rather than butter or bacon.

Limit fried foods and high fat meats such as bologna and hot dogs.

Limit sweets as it dulls hunger, causes tooth decay and increases the desire for more sweets.

SUGGESTED MEAL PATTERN

BREAKFAST

Cereal*
Toast
Butter or margarine
Scrambled egg*
Milk*



SNACK

Juice*
Cheese cubes*



SNACK

Vegetables with dip
Water

LUNCH

Ham sandwich
Pretzels
Fruit Salad
Milk*

SUPPER

Baked chicken
Mashed potatoes
Steamed broccoli
Roll
Milk*
Puuding



*WIC foods

Remember to offer plain water daily.



SERVING SIZE EXAMPLES

1 cup = size of woman's fist or baseball (for green salad, frozen yogurt, medium piece of fruit, baked potato)

½ cup = rounded handful (for cut fruit, cooked vegetables, pasta, rice)

¼ cup = golf ball or large egg (for dried fruit such as raisins)

3 ounces = checkbook (for meat, chicken, turkey, grilled fish)

1½ ounces = 6 dice (for cheese)

1 ounce = rounded handful (for pretzels)

1 tablespoon = thumb tip (for mayonnaise)

1 teaspoon = 1 game dice (for margarine)