

Nutrition for growing kids



- * Start each day with breakfast.
- * Offer 3 meals and 2 healthier snacks daily.
- * Plan snacks for 1½ to 2 hours before or after a meal.
- * Give milk to drink with meals. Over age 2 give lowfat milk.
- * Offer juice or water with snacks.
- * Limit juice to ½ to 1 cup (4 – 8 oz. daily).
- * Give water for between meal thirst.

Some snack ideas:

Yogurt	Orange slices
Unsweetened cereal	Graham crackers
Apple slices	Vanilla wafers
Carrot sticks	Pineapple chunks



Kids love to play

- * Encourage kids to play actively at least 60 minutes daily.
- * Limit sitting activities, such as TV and video games, to 30 minutes at a time.
- * Help your child find activities to keep busy.

Some activity ideas:

playing ball	going for a walk
riding a bike	moving to music
swimming	jumping & hopping
playing outside	running & skipping
	swinging



Making meal and snack times pleasant

- * **Help your child focus on eating at meal and snack times.**
 - Get children ready for meals. Let them know five minutes before it is time to eat. They can calm down, wash their hands and be ready to eat.
 - Turn off the TV and radio.
 - Have children sit down to eat.
 - Ask everyone to eat slowly.
- * **Eat together as a family.**
 - Sit down and eat with your child.
 - Make the same food for all to enjoy.
 - Take time to enjoy meals and snacks.
- * **Serve small children safe, easy-to-eat foods.**
 - Cut food into bite-sized pieces.
 - Avoid small, hard foods (such as nuts and raisins), slick foods (such as whole grapes, candy and hot dogs) and sticky foods (such as peanut butter).
- * **Serve amounts of food that you think your child can eat. Give seconds if your child asks for more.**
- * **Do not encourage your child to eat when full. Avoid requiring your child to clean the plate.**



Ways you can help your child

- Reward children with love and your time with them - - not food.
- Let your child choose from the healthy foods you offer.
- Set a good example by eating healthy food and being active.
- Take time to play and to eat with your child.
- Work with your child care provider to ensure your child receives healthy meals and snacks.



Grain Group **9—11 servings daily**
Vegetable Group **4—5 servings daily**
Fruit Group **3—4 servings daily**
Oils— **Use sparingly**
Milk Group **3—4 cups daily**
Meat Group **5—6½ servings daily**



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