At this age, parents often become concerned about their child’s eating habits. Children often:

- eat few meats
- eat slower
- are easily distracted
- eat few vegetables
- request lots of sweets
- ask for the same food over and over
- are picky

**Tips for Developing Healthy Eating Habits**

- Keep a variety of healthy foods on hand to offer your child.
- Offer small portions and allow your child to stop eating when full.
- Offer 4 ounces or less of juice each day.
- Choose 1% or fat-free milk and low-fat dairy foods.
- Use water as the drink of choice between meals. Too many sweet drinks including juice may lead to poor eating.
- Offer praise, hugs, or fun activities rather than food as rewards.
- Go to ChooseMyPlate.gov for more information.

**Family Meals**

Start early with family meals to help your child develop better eating habits. Family meals will:

- Help your child be more accepting of new foods.
- Help your child develop social skills.
- Result in a lower risk for obesity.
- Help your child have better grades in school.

**Preparing for Meal Time**

- Have meals and snacks at regular times.
- Keep mealtime pleasant.
- Allow your child to self feed with a spoon or fork.
- Limit distractions by turning off the TV.
- To meet all your child’s needs, 5-6 small meals per day is best.
- It takes 8-10 tries before a child may accept a new food.

**Tips for Preventing Choking**

Foods that are firm, smooth, slippery or round can cause problems.

- Always watch your child when eating.
- Encourage your child to sit while eating.
- Cut foods into child size pieces.
Child Feeding Guide
Age 3 to 5 Years

Feeding Guide

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion size</th>
<th>Servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk and Dairy</td>
<td>½ - ¾ cup (4 - 6 oz)</td>
<td>3 - 4</td>
</tr>
<tr>
<td>Meats</td>
<td>2 - 4 tablespoons</td>
<td>2 - 4</td>
</tr>
<tr>
<td>Fruits and Vegetables</td>
<td>3 - 4 tablespoons</td>
<td>4 - 5</td>
</tr>
<tr>
<td>Grains -</td>
<td>1 slice</td>
<td>3 - 4</td>
</tr>
<tr>
<td></td>
<td>cereals ½ cup</td>
<td></td>
</tr>
</tbody>
</table>

Portion-Size Guide

1 cup = baseball
½ cup = ½ baseball
2 tablespoons = golf ball

Sample Menu

Breakfast
½ cup cereal
6 oz low-fat milk
4 oz juice
3 - 4 tablespoons fruit

Lunch
½ turkey sandwich
4 tablespoons cooked vegetables
½ banana
Water

Dinner
2 - 4 tablespoons cooked meat
4 tablespoons cooked vegetables
½ cup rice or pasta
6 oz low-fat milk

Snack
4 crackers with low-fat cheese
Water

Snacks should be offered midway between meals.

COMMONWEALTH OF KENTUCKY
DEPARTMENT FOR PUBLIC HEALTH
275 EAST MAIN STREET, HS2W-D
FRANKFORT, KY 40621-0001
4.7 L Rev. 4/12 PAM-ACH-075
This institution is an equal opportunity provider.