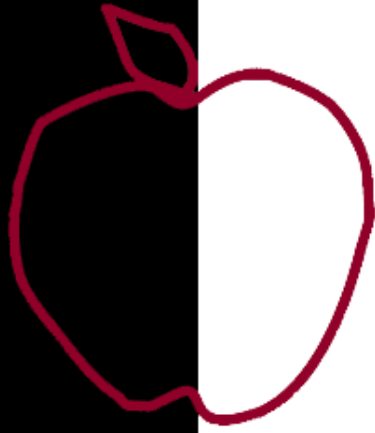


T HREE TO FIVE YEAR



FEEDING YOUR CHILD

Toddlers want to make their own decisions. At mealtime let your child choose his own foods. If you provide a variety of healthful foods every day, you can feel good about his decisions. And remember, children eat smaller portions than adults. So allow your child to decide how much he wants to eat. The best way to tell if your child is eating enough is through good growth. Ask your doctor.

Here is an example of a healthy balanced menu for your 3 -5 year old.

BREAKFAST:

3/4 cup milk
1/2 cup of dry cereal
1/2 slice of toast
1/2 cup orange juice

MID-MORNING:

3 - 4 graham crackers
1/2 cup of yogurt

Snacks are an important part of your child's diet. Children need to eat often because they have smaller stomachs and high energy needs. Your child needs at least three meals and two or three healthful snacks daily. Limit snacks to nutritious foods from the basic food groups. Meals and snacks should be eaten at a table and at regular times. If children "graze" or eat constantly all day long they will not be hungry at meal times.

LUNCH:

1 sandwich with 1 slice turkey
1 tsp. mayonaise
1/4 -1/2 cup sliced peaches
1/4 cup green beans
3/4 cup milk

AFTERNOON:

4 to 6 saltine crackers
3/4 oz. cheese
cooked veggie sticks

DINNER:

3 Tbsp. baked chopped chicken
1/3 to 1/2 cup rice
1 tsp. margarine
1/4 cup cooked carrots
1/4 to 1/2 cup applesauce
3/4 cup milk

EVENING SNACK

1/2 small banana
1/2 cup dry cereal
1/2 cup milk



The following chart will assist you in providing a well-balanced meal to your 3 - 5 year old. Remember that the basic food groups work together for growth and good health. One is not more important than the other.

3-5 Years

Food	Serving Size	Daily Servings
Grain Group:		
bread	3/4 - 1 slice	6 or more
dry cereals	1/2 cup	
cook cereal, noodles, rice	1/3 - 1/2 cup	
crackers	4-6	
Fruit Group:		
fresh fruit	1/2 - 1 small	2-4
canned fruit	1/4 - 1/2 cup	
fruit juice	1/2 cup	
Vegetable Group		
	1/2 cup	3-5
Milk Group:		
reduced fat milk	1/2 - 3/4 cup	4
yogurt, cottage cheese	1/4 to 1/3 cup	
American cheese	1/2 to 3/4 oz.	
Meat Group:		
egg	1	2
cooked meats	3-5 Tbsp. (1-2 oz.).	
dried beans, peas	2-4 Tbsp.	
peanut butter	2 Tbsp.	
Fats, Oils, Margarine		
	1 tsp.	3-4

QUESTIONS AND ANSWERS

How do I get my child to try new foods?

Try putting a small amount of the new food on your child's plate without bribing or pressuring him to eat it. Don't be upset if he does not try it the first time or even after several attempts. It can take as many as 7 to 8 exposures to a new food before a child will accept it.

What can I do if my child refuses to eat vegetables?

It is important to continue offering your child vegetables if he is ever going to learn to like them. However, fruits contain many of the same nutrients found in vegetables. Try giving your child more fruits until he starts eating vegetables. You can also easily hide vegetables in spaghetti by cooking them until they become soft and their nutrients dissolves into the sauce. Adding grated squash or carrots to muffins is another simple disguise. You can even try adding grated vegetables to hamburger patties. Let your imagination be your guide.

My child seems more interested in playing with his food than eating it.

What do I do?

Young children are messy eaters. However, throwing food or utensils on the floor is generally a sign that your child is probably not hungry. He should not be allowed to stay at the table. He can return to the table when he is ready to eat or he can wait until the next scheduled meal or snack.

What should I do if my child won't eat what I offer?

Don't be a short-order cook for your child. Offer a variety of foods at each meal and make sure your child will like at least one item on her plate. Offer 3 meals and 3 snacks a day, 2 to 3 hours apart. Do not allow food or beverage 1 hour prior to a meal. If your child refuses to eat anything, don't reward him by giving him a favorite food. Children will not starve themselves. They will eat what you provide when they are hungry.

Dietitian: _____

Phone: _____

