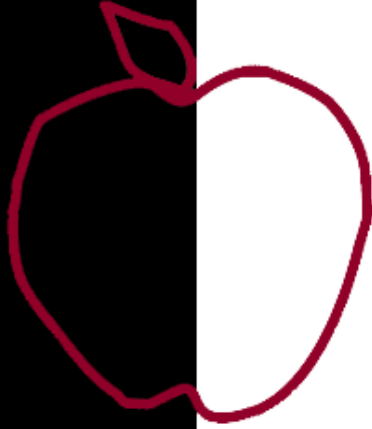


SIX TO ELEVEN YEAR OLD

FEEDING YOUR CHILD



Children need to eat often because they are active and growing. Your child needs at least three meals and two or three healthful snacks daily. Encourage your child to choose snacks from the basic food groups. You cannot always control what your child eats but you can make sure that nutritious foods are always available. If your child eats smart at most meals, then an occasional cookie, candy or bag of chips will be okay. If healthy eating habits start at an early age, they will be in place by the time your child goes to high school.

HERE'S AN EXAMPLE OF A HEALTHY, BALANCED MENU FOR YOUR 6-11 YEAR OLD.

BREAKFAST:

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

LUNCH:

1 sandwich with 1 slice lean ham
and 1 slice cheese
1 tsp. mustard
veggie sticks
2 Tbsp. reduced fat dressing
1 medium banana
1 cup milk

AFTERNOON:

4 to 6 saltine crackers
1 oz. cheese

DINNER:

2 to 3 oz. baked chopped chicken
1/2 cup rice
1/2 cup cooked carrots
1/2 cup sliced peaches
1 cup milk

EVENING SNACK:

2 Tbsp. peanut butter
1 sliced apple



The following chart will assist you in providing a well-balanced meal to your 6-11 year old. Remember that the basic food groups work together for growth and good health. One is not more important than the other.

6-11 Years

Food	Serving Size	Daily Servings
Grain Group		6-11
bread	1 slice	
dry cereals	3/4 cup	
cook cereal, noodles, rice	1/2 cup	
crackers	4 to 6	
Fruit Group		2-4
fresh fruit	1 medium	
canned fruit	1/2 cup	
fruit juice	3/4 cup	
Vegetable Group		3-5
Milk Group		2-4
reduced fat milk, yogurt	1 cup	
cottage cheese	1/2 cup	
American cheese or spread	2 oz.	
Meat Group		2-3
egg	1	
cooked meats	2-3 oz.	
dried beans, peas	1/2 cup	
peanut butter	2 Tbsp.	
Fats, Oils, Margarine		use sparingly

Start the day with breakfast.

Breakfast helps to refuel an empty tank and will help your child do better in school. However, the morning rush can be very hectic. Quick and easy breakfasts include: fruit and reduced fat milk or yogurt, cold cereals, instant cooked cereals, toast and peanut butter or even leftover pizza.

Life in the fast lane.

Fast foods in moderation can fit into a healthful diet. Many fast foods are high in fat, salt and calories. However, there are some very nutritious selections at almost every fast food restaurant. Nutritious selections include: salads, plain baked potatoes, chili, low fat milk, fruit juice, grilled chicken sandwiches and low fat frozen yogurt.

Children and heart disease.

Help your child develop healthful eating habits early in life to reduce the risk for heart disease when he becomes an adult. After the age of two, children should begin adopting a diet low in fat and cholesterol. Here are a few easy ways to cut the fat:

1. Offer plenty of fruits and vegetables.
2. Choose dairy products (milk, cheese or yogurt) that are low in fat.
3. Include plenty of foods from the grain group: whole grain breads, cereals and pasta.
4. Avoid toppings like butter, margarine or sour cream. Low fat yogurt or cottage cheese are great substitutes.
5. Choose foods that are baked, broiled, grilled, steamed or poached because little or no fat is added in the cooking process.

Dietitian: _____

Phone: _____

