

Offer a variety of foods: Meals should include traditional food as well as food from the 4 food groups.

Make the most of the meal: Young children have small stomachs and can't eat too much at once. Make sure the little bit they eat for meals and snacks is healthy and really good for them.

Eat at regular times: Make time for meals and snacks so that your child does not feel rushed. Three regular meals plus 2 or 3 planned snacks are important for school-age children.

Make sure your child is comfortable at the table: Use a high chair or booster seat to help your child reach. Don't allow distractions – such as the television – when he is eating. Distractions make it hard for your child to know when he is full or hungry.

Prevent choking

Children under 4 years old should not be given jelly beans, popcorn, chips, hard candies, gum drops, raisins, whole grapes, fish with bones, large chunks of meat, nuts or hard raw vegetables..

- Do not confuse the need for attention with the need for food: A child that is fed every time he cries or wants some attention will not learn the difference between being hungry and his other needs.

- **Do not force your child to eat:** Let your child *decide* when he has had enough food. Allow him to *serve himself* sometimes.

- **Do not use food as a reward:** For example, don't encourage him to finish what is on his plate in order to get a dessert. This tells him that sweets are more exciting than the meal, and can cause him to overeat.

- **Do not worry about changing appetites:**
Some days your child may eat a lot, and some days it may seem like he eats nothing at all!
Don't worry – it will even out in the long run.

➤ **Do not give in to “picky eaters”:** Do not give junk foods or sugary drinks because you are worried that your child might not eat anything else! Keep offering him a choice of healthy foods instead.



Feeding your Baby

3 to 5 Years Old



Liquids

Your child can continue drinking 2%, 1% or skim milk.

Your child should not have more than **24 ounces (3 cups) of milk a day.**

Drinking more than this will fill up his small stomach and he won't be hungry for other healthy foods. **If he is still thirsty you can give her water.**

What about juice?

Your child **doesn't need juice.** Juice contains a lot of sugar. Fresh fruit is the healthy way for children to get vitamins and fiber. If you want to offer some juice, give no more than **4 ounces a day** of 100% real fruit juice. Mix the juice with water to make it less sweet.

Fruit punch, powdered crystals, sports drinks, iced tea and soda pop **are not healthy choices.**

Solids

Try to eat food from all 4 food groups every day. Your child and the whole family will be healthy and energized.

Enjoy eating meals together as a family. Your child will try new foods if he sees you eating them.

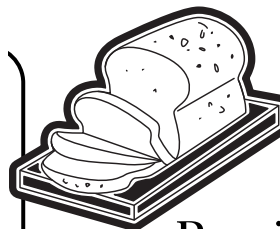
Give your child the right portion size for his age. He doesn't need as much food as an adult.

Bannock, breads & cereals

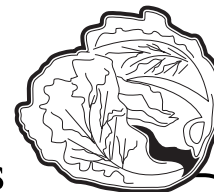
5 servings every day

Child-size serving

- ▶ Whole grain toast or bannock (Cut into small squares) 1/2 to 1 slice
- ▶ Cooked brown or white rice 1/4 to 1/2 cup
- ▶ Cooked whole wheat pasta (spaghetti, macaroni and other noodles) 1/4 to 1/2 cup
- ▶ Hot cereals (porridge) 1/3 to 3/4 cup
- ▶ Cold cereals (dry or with milk): Nutrios, Shreddies, Cheerios, or Life. 1/2 to 1 cup



Berries, fruit & vegetables



Serve 2 fruits and 3 vegetables every day

At this age the size of one serving is 3 to 5 tablespoons

- ▶ Fresh berries
- ▶ Soft, ripe fruits
- ▶ Soft raw vegetables (like cucumber, mushroom, tomato, avocado)
- ▶ Soft, cooked vegetables (like broccoli, cauliflower, green beans, cabbage, carrot)

Meats & alternatives

2 servings every day

At this age for the following food, the size of one serving is 3 to 5 tablespoons

- ▶ Soft, cooked game, meat and chicken (cut into small pieces)
- ▶ Fish cut in small pieces with bones removed
- ▶ Fish eyes
- ▶ Beans and peas (baked beans, kidney beans, chickpeas) note: serve chickpeas slightly crushed with a fork to prevent chocking
- ▶ Tofu cubes
- ▶ 1 Boiled egg
- ▶ Peanut butter (if no family allergies)

Milk & other calcium sources

4 to 5 servings every day

Child-size serving

- ▶ Milk 4 ounces (1/2 cup)
1 serving every day of either
- ▶ Yogurt 1/2 to 1 cup
- ▶ Cheese cubes one inch cube (size of your thumb)

