

# HEALTHY EATING FOR PRESCHOOLERS

Get your child to the path of healthy eating.



## **Focus on the meal and each other.**

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

## **Offer a variety of healthy foods.**

Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

## **Be patient with your child.**

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

## **Let your children serve themselves.**

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

**Cook together. Eat together. Talk together. Make meal time family time.**

1-800-WIC-1007



This institution is an equal opportunity provider.








Form #321

Adapted from the USDA

# DAILY FOOD PLAN

USE THIS PLAN AS A GENERAL GUIDE

FOOD GROUP		2 YEAR OLDS	3 YEAR OLDS	4 & 5 YEAR OLDS	WHAT COUNTS AS:
<b>FRUITS</b>		1 cup	1 - 1½ cups	1 - 1½ cups	<b>½ CUP OF FRUIT?</b> <ul style="list-style-type: none"> <li>• ½ cup mashed, sliced or chopped fruit</li> <li>• ½ cup 100% fruit juice</li> <li>• ½ medium banana</li> <li>• 4 - 5 large strawberries</li> </ul>
<b>VEGETABLES</b>		1 cup	1½ cups	1½ - 2 cups	<b>½ CUP OF VEGGIES?</b> <ul style="list-style-type: none"> <li>• ½ cup mashed, sliced or chopped vegetables</li> <li>• 1 cup raw leafy greens</li> <li>• ½ cup vegetable juice</li> <li>• 1 small ear of corn</li> </ul>
<b>GRAINS</b>		3 ounces	4 - 5 ounces	4 - 5 ounces	<b>1 OUNCE OF GRAINS?</b> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 cup ready-to-eat cereal flakes</li> <li>• ½ cooked rice or pasta</li> <li>• 1 tortilla (6" across)</li> </ul>
<b>PROTEIN</b>		2 ounces	3 - 4 ounces	3 - 5 ounces	<b>1 OUNCE OF PROTEIN?</b> <ul style="list-style-type: none"> <li>• 1 ounce cooked meat, poultry or seafood</li> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter</li> <li>• ¼ cup cooked beans or peas (kidney, pinto, lentils)</li> </ul>
<b>DAIRY</b>		2 cups	2 cups	2½ cups	<b>½ CUP OF DAIRY?</b> <ul style="list-style-type: none"> <li>• ½ cup milk</li> <li>• 4 ounces yogurt</li> <li>• ¾ ounce cheese</li> <li>• 1 string cheese</li> </ul>

## HELPFUL TIPS:

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.
- Some foods are easy for your child to choke on while eating. Skip hard, small, or whole foods, such as popcorn, nuts, seeds and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat — about the size of a nickel.
- For more information on feeding your preschooler, visit <https://www.myplate.gov/life-stages/preschoolers>