



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

January 2014

## I Can Feed Myself

**Small children like to feed themselves.  
This is good!**

### **Serve family-style meals.**

1. Prepare meals with a variety of healthy foods - whole grains, lean protein foods, fruits, vegetables, and milk.
2. Place foods into serving dishes on the table.
3. Let your child spoon foods from the serving dish and onto his own plate.

### **Let go a little, and you will gain a lot!**

- Your child will learn how to feed himself.
- Your child will feel more confident.
- He will be less fussy and more willing to taste and eat what is on his plate.
- He will listen to his own feelings of hunger and fullness, and learn to eat normal servings.



### **How much should your small child eat?**

- Your child's appetite can change from day to day. The best way to feed a child is to let him eat to his appetite.
- Let your child learn to listen to his body. Don't force or bribe your child to eat. Don't stop your hungry child from eating.
- Your child will learn to eat when he feels hungry and stop eating when he feels full.

## Sweet Treats

- ☺ Top cottage cheese or coleslaw with orange segments.
- ☺ Add orange pieces to a tuna salad or chicken salad.
- ☺ Toss orange segments into a lettuce salad.
- ☺ Dip orange pieces in flavored yogurt.
- ☺ Sprinkle orange pieces with brown sugar and cinnamon. Broil in your oven until the sugar melts. Serve on top of frozen yogurt.



### Peel an orange.

- ☺ Keep the orange segments in a bowl in the refrigerator where your children can see them.
- ☺ Children love the fresh sweet taste of oranges and tangerines.
- ☺ Parents love the vitamin C that helps keep children healthy during the long winter months.



## How Much Fruit Should I Offer My Child Each Day?

Offer fruit at meals and snacks, so your child is able to eat 1 to 1  $\frac{1}{2}$  cups of fruit each day.

2 year old boys and girls

3 year old girls

**Offer 1 cup fruit each day**

3 year old boys

4 year old and 5 year old boys and girls

**Offer 1  $\frac{1}{2}$  cups fruit each day**

# A Happy and Healthy Family

## Create your own traditions.

Plan a few meal and play times that your family can repeat - Sunday spaghetti night, tacos on Tuesday, evening walks, Friday game night, reading bedtime stories together. These special times create family bonds.

## Have family routines.

Prepare 3 meals each day at about the same time. Sit down with your children while you eat. Talk about what you're going to do during the day. These routines make a child feel safe and loved.

## Stop and listen.

When your child is talking, look her in the eyes and listen. Turn off the television. Put down the cell phone. Your child will learn that it's important to listen to others.

## Accept your child's appetite.

Trust your child. If your child is healthy, growing at a normal rate and willing to taste a variety of foods - don't worry about how much he is eating. His appetite can change from day to day.

## Laugh together.

Be silly and laugh with your child. Simple problems can go away with a little humor before they become big problems. Laugh at the situation and yourself.

## Show your love.

Give your child a smile, hug, or high five. Tell your child that you love him, and are proud when he does something good.



## What Can You Do?

- Serve family-style meals and let my child serve himself.
- Eat fruit often this winter.
- Spend time together.
- Other: \_\_\_\_\_





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### Nutrition Matters

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