

2 year visit

Eating Well



Expect your child to grow taller and thinner for the next 3-5 years, they will go from chubby toddlers to leaner 5 year olds.

At this age expect food jags, when your child wants to eat the same food over and over again. To help your child be less picky as they grow, instead of giving in to the request tell your child you will have their favorite food again another time and explain you eat different foods every day.



Your child should start drinking low fat (1/2%, 1%) or fat free (skim) milk.

Drinks should be offered in open cups or straw cups for speech development.

Serve milk with meals and water between meals. Avoid sugary drinks such as soda pop, sports drinks and punch. This can lead to cavities and weight gain. Children do not need juice.

Enjoy meals together at a table without electronic devices.

Family meals are associated with less likely to be overweight, fewer fried foods, less soda, more fruits and vegetables, better grades and less likely to be involved in drugs and alcohol as teenagers.

Serve the same foods to the entire family. Serve both not-yet-liked with liked foods. Do not make special food or meals for your child.

Kitchen is closed other than for planned meals and snacks except for water. Do not let children graze on food and drink all day.

Meals should include a variety of healthy foods from all the food groups.

Your child's appetite will change from day to day, eating small amounts one day and more the next.

As the parent, you choose where, what and when your child eats. Allow your child to choose how much or if they will eat.

Keep meal times pleasant, avoid power struggles with your child about food.

Snacks is a time, not a food group. Planned snacks should include healthy foods from two food groups at least 1.5-2 hours before meals, served in a designated place.

Do not let your child eat in the car (choking hazard) or when watching TV (distraction).

Do not use food as reward, comfort or entertainment. Do not force your child to clean their plate. These can lead to unhealthy habits later in life.

If your child is in day care or with family, make sure they are consistent with your healthy eating routines.

Be a good role model and eat healthy too. Your child watches how you eat and will model it in time.

Brush your child's teeth with a small, soft toothbrush and pea-sized amount of fluorinated toothpaste twice a day.



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Offer 3 healthy meals and 2 healthy snacks at about the same time each day!

Dairy: 2 cups a day.

1 cup = 1 cup milk or
Other Dairy: 1 cup yogurt and 1½ ounces of cheese.

Vegetables: 1 cup total.

Fresh, frozen, or canned vegetables throughout the day.

Fruits: 1 cup total.

Fresh, frozen, or no sugar added canned throughout the day.

Whole Grains: 3 ounces a day.

Bread, cereal, rice and pasta.
1 ounce = 1 slice of bread,
½ bun or mini bagel,
1 cup dried cereal,
½ cup cooked cereal, rice or pasta.

Protein: 2 ounces a day.

Meat, poultry, fish, eggs, beans and nuts.

1 ounce = 1 ounce of meat, poultry or fish, 1 egg,
¼ cup cooked beans (pinto, kidney, black, lima, etc.),
1 tablespoon peanut butter or
½ ounce of chopped nuts and seeds.



Eating Well CONTINUED

Sample Meal Pattern

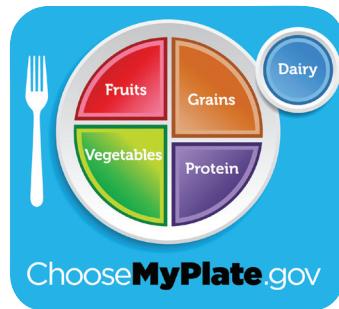
BREAKFAST: 1 ounce Grain; ½ cup Milk;
½ ounce Protein

SNACK: ½ cup Fruit; ½ cup Other Dairy

LUNCH: 1 ounce Grain; ¼ cup Vegetable;
½ ounce Protein; ½ cup Milk

SNACK: ¼ cup Vegetable, ½ cup Fruit

DINNER: 1 ounce Grain; ½ cup Vegetable;
1 ounce Protein; ½ cup Milk



Be Active



Movement is important for healthy brain development. Encourage your child to move every hour. Be active with them.

Encourage toys that include pounding and stacking, for example, tool sets and blocks.

Children should have 30 minutes of structured activity (adult led) and 60 minutes-to several hours of free play every day.

Children enjoy imitating. Try playing doctor, making dinner or care giving with a doll.

By limiting time in the stroller, your child will get more activity by walking on their own.

Your child can learn to pedal a 3-wheel bike and walk up and down stairs.

Turn off TV during meal time.

Limit screen time to less than 2 hours each day. Includes; computer, TV, iPads™ and video games.

Include your child on a family scavenger hunt.

Play games, dance and sing with your child.

Give your child choices between two good things, for example; blocks or balls.

Sleep

Children should sleep 12-14 hours in a 24 hour period, including naps of one to three hours.

By this age, your child should have consistent bed and wake times.

Read to your child before bed. Stop the story to let the child make animal noises, point to pictures or say words.