

3 year visit

Eating Well



Serve your child the same food as the rest of the family;

do not cook them a separate meal. As the parent, you choose where, what and when your child eats. Allow your child to choose how much or whether they will eat.

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



Enjoy meals together at a table without TV or other electronic devices off. Try family style meals where child serves themselves.

Teach your child to listen to their tummy, eat when hungry and stop when satisfied.

Teach your child good table manners, do not let them say “I don’t like that” or “gross” to not-yet-liked foods. Have them describe what they do not like instead. Allow your child not to eat something they do not yet like.

Children who eat with their family:

- Are less likely to be overweight
- Eat fewer fried foods
- Drink less soda
- Eat more fruits and vegetables
- Get better grades
- Are less likely to be involved in drugs and alcohol as teenagers

Picky eating is normal at this age. Continue to provide a variety of healthy foods, serving family friendly meals by having both not-yet-liked with liked foods. Teach your child about foods by growing a garden, helping you cook and talking to them about foods.

Offer healthy snacks from two food groups 1½-2 hours before meals so your child is hungry when meals are served. Kitchen is closed other than planned meal and snack times, except water.

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 or sugary drinks.

At restaurants order fruit, vegetables and low fat milk with meals and avoid fried foods. Remember portion sizes are usually large so share meals and bring home leftovers. Instead of ordering from kids menu consider sharing your food with your child.

Brush your child's teeth with a small, soft toothbrush and pea-sized amount of fluorinated toothpaste at least twice daily. Check their teeth until they are 7-8 years old.

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

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



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

Dairy: 2 ½ 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: 4 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: 3 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.



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Eating Well CONTINUED

Sample Meal Pattern

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

SNACK: ½ cup Fruit;
1 cup Other Dairy

LUNCH: 2 ounces Grain; ½ cup Vegetable;
1 ounce Protein; ½ cup Milk

SNACK: ½ cup Fruit, ½ cup Vegetable

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



Be Active

Children need to spend time trying to master gross motor skills:
running, hopping, skipping, jumping, catching, throwing and moving without falling.

Encourage games and activities that incorporate gross motor skills like tag, games with balls, bean bag toss, dancing with scarves, and animal moves for example hopping like a bunny.

Children should be active for 60 minutes of structured play and several hours of unstructured physical activity each day.

Turn off TV during meal time.

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

Do not allow a TV or computer in your child's bedroom.

Encourage imaginative play, dress up or make believe. Encourage them to play with other children.

Sleep

Children should sleep 11-13 hours each night. Naps or quiet time should be at the same time every day.

A consistent bedtime routine is important.

Read to your child before bed.

As imagination continues to develop, your child may experience nightmares and have difficulty falling and staying asleep.

