

4 year visit

Eating Well



To help your child become more familiar with new foods, allow them to help prepare it. Make new foods fun by reading stories or coloring pictures about them.

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



Enjoy meals together at a table without TV or other electronic devices on. Use child sized plates, cups and silverware.

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

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 if they eat.

Offer healthy snacks from two food groups 1½-2 hours before a meal so your child is hungry and more likely to eat when a meal is served.

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.

Serve milk with meals and water between meals in open cups.

Feed meals and snacks every 3 hours, an average of 5-6 times a day, in a designated area. Allow them to eat until full and satisfied. Do not let children graze on food and drink all day. Kitchen is closed other than planned meals and snacks, except water.

Provide sweets on a predictable basis, less often than nutritious items, and stay neutral when discussing them. Do not use such items to reward or punish children.

Brush your child's teeth with a small, soft toothbrush and a pea-sized amount of fluorinated toothpaste at least twice daily. Typically by 7-8 years old children can brush their own teeth effectively.

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

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.



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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 ½ cups total.

Fresh, frozen, or canned vegetables throughout the day.

Fruits: 1 ½ cups total.

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

Whole Grains: 5 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: 4 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 nuts.



Eating Well CONTINUED

Sample Meal Pattern

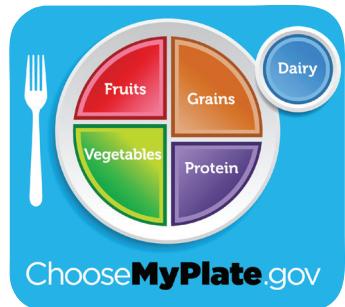
BREAKFAST: 1 ounce Grain; ½ cup Milk;
1 ounce Protein

SNACK: ½ cup Fruit;
½ cup Other Dairy

LUNCH: 1 ounce Grain; ½ cup Vegetable;
1½ serving Protein; ½ cup Milk

SNACK: ½ cup Fruit; ½ cup Milk;
½ cup Vegetables

DINNER: 2 ounces Grain; ½ cup Vegetables;
1½ serving Protein; ½ cup Milk;
½ cup Fruit



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Be Active

Children need to spend time trying to master gross motor skills:
running, hopping, skipping, jumping, catching and throwing.

Encourage tag, jump rope, playing games with balls, scavenger hunts, obstacle courses, follow the leader and Simon Says.

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

Your child should be able to ride a bike with training wheels. Make sure they wear a safety helmet.

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

Do not allow TV or computer in bedrooms.

Consider preschool or community programs for activity and development.

Sleep

Children need 11-13 hours of sleep each night. Naps or quiet time should be at the same time daily.

A consistent bedtime routine is important.

Read to your child before bed, ask questions about the story.

As the child's imagination develops, they may experience nightmares and have difficulty falling and staying asleep. Sleep deprivation is a common problem at this age.

