

# 5 year visit

## Eating Well



**Give your child the best start with a healthy breakfast every day.** Eating breakfast will give your child more energy to learn and play. It will help them do better in school.



### REMEMBER...

**Serve milk with meals and water between meals.**



**Enjoy meals together at a table** without TV or other electronic devices on.

**Children who eat with their family are:**

- 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

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.

**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.

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

**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.

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

**At restaurants** order fruit, vegetables and low fat milk with meals and avoid fried foods. Remember portion sizes are usually large, share meals or bring home leftovers.

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.

**Add fruits and vegetables in a fun way, let your child help in the kitchen.**

**Look at the school lunch and breakfast menu** and decide with your child what foods to choose. Encourage them to choose whole grains, low fat dairy, fruit, vegetable and lean protein. If you pack their lunch include these food groups.



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

### Dairy: 2 1/2 cups a day.

1 cup = 1 cup milk or  
Other Dairy: 1 cup yogurt and 1 1/2 ounces of cheese.

### Vegetables: 1 1/2 cups total.

Fresh, frozen, or canned vegetables throughout the day.

### Fruits: 1 1/2 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,  
1/2 bun or mini bagel,  
1 cup dried cereal,  
1/2 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, 1/4 cup cooked beans (pinto, kidney, black, lima, etc.), 1 tablespoon peanut butter or 1/2 ounce of nuts.



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## Eating Well CONTINUED

### Sample Meal Pattern

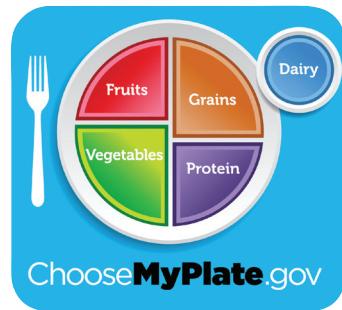
**BREAKFAST:** 1 ounce Grain; 1/2 cup Milk; 1 ounce Protein

**SNACK:** 1/2 cup Fruit; 1/2 serving of Grain; 1/2 cup Other Dairy

**LUNCH:** 1 ounce Grain; 1/2 cup Vegetable; 1 1/2 serving Protein; 1/2 cup Milk

**SNACK:** 1/2 cup Fruit; 1/2 cup Milk; 1/2 cup Vegetables

**DINNER:** 2 ounces Grain; 1/2 cup Vegetables; 1 1/2 ounces Protein; 1/2 cup Milk; 1/2 cup Fruit



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## Be Active

**Encourage** running, hopping, skipping, jumping, catching, throwing, tag, jump rope and playing games with balls for gross motor skill development.

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

**Organized sports are one way to add physical activity** into a child's day.

### Stay active as a family.

Play kick ball, dance, wash the car, go for family bike ride.

### Consider taking formal swimming lessons.

**Limit screen time to 2 hours each day.** Including; computer, TV, iPads™ and video games.

**Do not allow TV or computers in bedrooms.**

**Give your child chores to do.**



## Sleep

**Children should sleep 12-14 hours in a 24 hour period.**

**Establish a bed time routine, including reading to your child.**