



# ***Feeding Your Preschooler***

What you teach your child now about eating and food will guide her habits as she grows older. Help your child learn lifelong eating and health habits such as:

- Always sit at the table to eat. Have three meals and two to three snacks around the same time every day.
- Think of snacks as a mini-meal and offer two or three different foods at each snack.
- Be active with your child every day. Keep TV, video game and computer time to less than two hours per day.
- Dental care is important. Your child's teeth need to be brushed twice a day. Parents need to do the brushing until your child is at least age six. Start using floss to clean her teeth. Schedule her first dental check up.
- Parents provide healthy foods and children decide what they will eat and how much. If you are serving something they don't eat, offer something else from that food group at the next meal or snack.
- Your child's appetite may change from day to day and week to week. Often they will have one meal where they eat really well and then not as much at the other meals. This is normal.
- Children are not growing as fast now. You can expect your child to gain about two pounds and grow about 1½ inches in six months.

## What Your Child Needs To Drink

- Your child needs about 4 to 6 ounces of skim or 1 percent milk at three meals and one snack.
- Limit juice to 4 ounces a day.
- Give your child water between meals and snacks.
- Offer small amounts to drink in a regular cup instead of a sippy cup.

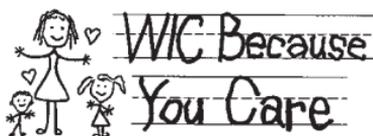
## How much food for a preschooler?

Portion sizes are small. Start by offering about  $\frac{1}{4}$  cup, like the size of an egg. Your child may eat more or less than that. Use a small plate so you don't give her too much and let her ask for more.

Food Group	Daily Servings	Tips
Grains	4-5	Choose whole grain breads and cereals.
Fruits	2	Choose fruits and juices without added sugar.
Vegetables	3	Offer a variety of colorful vegetables.
Dairy	2-2 $\frac{1}{2}$ cups	Use low-fat milk, yogurt and cheese.
Protein	3	Foods included in this group are meat, beans, fish, poultry, eggs and peanut butter.

## Sample Menu

<b>Breakfast</b>	cereal with milk, orange juice
<b>Morning snack</b>	banana with peanut butter, water
<b>Lunch</b>	turkey sandwich, carrot sticks, milk
<b>Afternoon snack</b>	apple, water
<b>Dinner</b>	bean and cheese burrito with tomatoes, broccoli, milk
<b>Bedtime snack</b>	graham crackers, milk



**North Dakota WIC Nutrition Program**  
North Dakota Department of Health  
600 E. Boulevard Ave.  
Bismarck, ND 58505-0200  
800.472.2286

