

These are general guidelines for feeding healthy children, ages two to five. Talk with the nutritionist or health care provider for more information on feeding your child.

### Eating Habits

Most eating habits are learned in childhood. These habits affect food choices and health throughout life.

To help develop good eating habits, parents should:

- Plan regular mealtimes and snacktimes. Limit eating or drinking between planned mealtimes and snacktimes.
- Serve meals when your child is not tired.
- Eat family meals together. It provides security for children. It is also a time for children to see what and how you eat.
- Keep the television off during mealtime.
- Make mealtime happy.
- Serve foods with bright colors, mild flavors, and a variety of textures.
- Set a good example.
- Pay attention to your child when his or her mealtime behavior is desirable. Behavior that is rewarded is repeated.
- Have healthy foods ready and prepared for quick snacks.
- Plan enough time for play, rest, and sleep.
- Comfort and reward with love and attention, not with food.

### Physical Activity

Children should be physically active for 1 hour or more every day.

In general, preschoolers should not be sitting still for 1 hour or more at a time, except when sleeping.

Here are some examples of the activities children can do:

- |   |                        |
|---|------------------------|
| ■ Walking                                 | ■ Playing ball         |
| ■ Riding a tricycle                       | ■ Dancing to music     |
| ■ Swimming                                | ■ Running and skipping |
| ■ Playing outside at a park or playground | ■ Jumping and hopping  |

Set aside time each day for the family to do some type of physical activity together.



### Screen Time: Television & Computer Use

- Children 2 years of age and older should watch no more than 1 hour per day of educational, non-violent television programs.
- Computer use should be limited to no more than 15-minute time periods.
- Do not allow your child to have a television set or computer in his or her bedroom.

### Eat Healthy Foods When You're Away from Home

Choose these items **MORE** often:

- lowfat milk, water
- turkey sandwich with vegetables
- small, plain hamburger with vegetables
- grilled or broiled chicken sandwich
- baked potato
- cheese pizza or pizza with vegetable toppings
- fruits and vegetables
- lowfat frozen yogurt
- lowfat or fat free salad dressings

Choose these items **LESS** often:

- soda, sweet tea, fruit drinks
- sausages, pepperoni, hot dogs, or bacon
- fried chicken or chicken nuggets
- fried fish, french fries, or fried onion rings
- biscuits, hush puppies
- olives, bacon bits
- salads made with mayonnaise
- seeds, nuts
- higher fat salad dressings
- high fat, high sugar desserts such as cake or pie



What changes will you make in your family's eating and activity habits?

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# Daily Food Guide for Children Ages 2 to 5 years

Offer your child foods from each of these food groups daily.

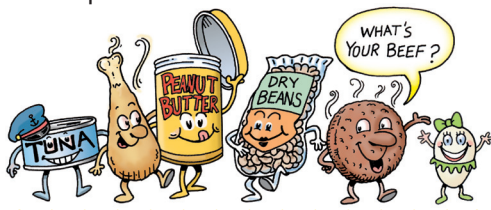
Amounts may vary with your child's activity and growth.

## Protein Foods

**Total of 2 to 4 ounces every day**

**1 oz equals:**

- 1 oz cooked meat, poultry, or fish
- 1 cooked egg
- 1 tablespoon peanut butter\*
- ¼ cup cooked beans



## Dairy

**Total of 2 to 2½ cups every day**

**1 cup equals:**

- 1 cup milk or yogurt
- 1½ oz natural cheese
- 2 oz processed cheese

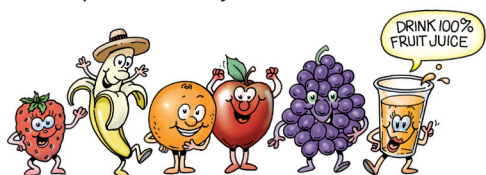


## Fruits

**Total of 1 to 1½ cups every day**

**½ cup equals:**

- ½ cup chopped, cooked, or canned fruit
- ¼ cup dried fruit\*
- ½ cup 100% fruit juice



**Limit 100% fruit juice to:**

4 oz (½ cup) per day for  
children 1 to 3 years of age

4 to 6 oz per day for  
children 4 to 6 years of age

## Vegetables

**Total of 1 to 1½ cups every day**

**½ cup equals:**

- ½ cup cooked vegetables
- ½ cup chopped raw vegetables\*
- 1 cup raw leafy vegetables\*
- ½ cup 100% vegetable juice



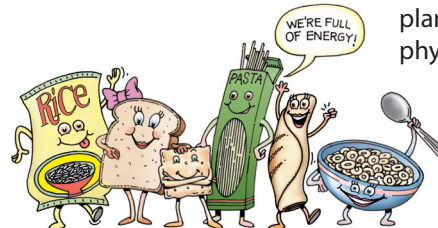
**\*Be careful. These foods may cause choking, especially in children under 4 years of age.**

## Grains

**Total of 3 to 5 oz every day**

**1 oz equals:**

- 1 slice of bread
- ½ cup cooked cereal, rice, or pasta
- 1 cup (1 oz) dry cereal
- 5 to 6 whole grain crackers
- 1 4-inch waffle or pancake
- 1 6-inch tortilla
- ½ hamburger bun, roll, or 3-inch bagel



## Oils

**Total of 3 to 4 teaspoons every day**

**One teaspoon (5 grams) oil equals:**

- 1 teaspoon liquid vegetable oil
- 1 tablespoon light mayonnaise
- 2 tablespoons light salad dressing
- 1 teaspoon margarine with zero trans fat



**Limit solid fats like butter, regular margarine, shortening, and lard, as well as foods that contain these ingredients.**

## Prevent Choking

**Do not give children under 4 years of age the following foods:**

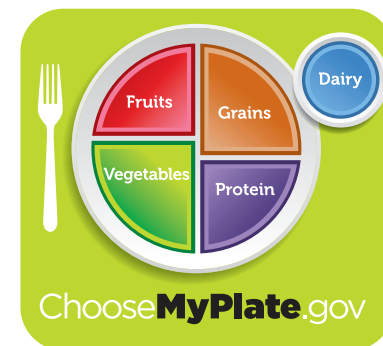
- popcorn, nuts, seeds, dried fruits, large chunks of meat or cheese,
- hard pieces of vegetables or fruits, hard candies, marshmallows, chips,
- whole grapes, and fish or meat with bones. Peanut butter should only
- be given to children 2 years of age and older when spread thinly on
- crackers or toast.

- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or lowfat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with less sodium.

**Eating less salt** is an important way to help your child stay healthier as they grow. The daily limit for sodium for 1 to 3 year olds is 1,000 milligrams, and for 4 to 8 year olds it is less than 1,200 milligrams.

- Drink water instead of sugary drinks.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information about healthy eating, meal planning, food safety, and physical activity.



## Eat Fish, Choose Wisely

Young children can eat **1 to 2 servings a week** of a variety of fish that are lower in mercury. The serving size is **1 ounce** for ages 2 to 3 years and **2 ounces** for ages 4 to 7 years.

**Some fish low in mercury are:** canned light tuna, catfish (farm-raised), pollock, salmon, shad, tilapia, whitefish, and whiting.

**Due to their mercury content, do not eat the following:**

Shark, King Mackerel, Swordfish, Tilefish, Orange Roughy, Bigeye Tuna, Blackfin Tuna, Little Tunny, Cobia, and Marlin.

**If you eat fish caught by family or friends, check for local or state fish advisories.**

In Florida, some of the fish advisories say **do not eat** OR **eat no more than once per month** the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.