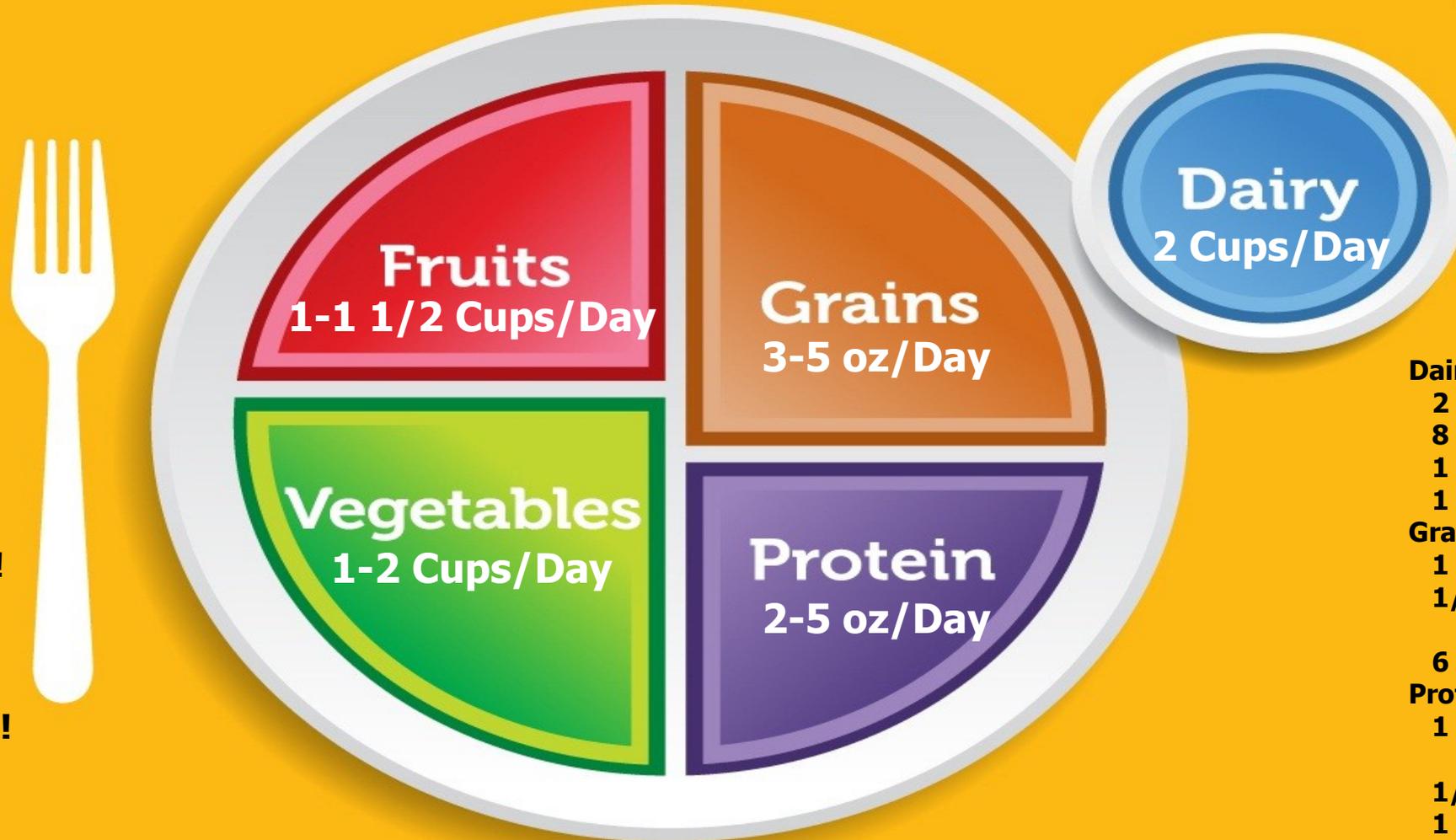


# Preschooler



**Vary Your Veggies!**

**Focus on Fruits!**

**Half Your Grains Whole!**

**Go Lean With Protein!**

**Get Calcium-Rich Foods!**

## Serving Sizes

### Dairy

- 2 cups cottage cheese
- 8 oz yogurt
- 1 1/2 oz cheese
- 1 cup milk

### Grains:

- 1 slice bread
- 1/2 cup rice, pasta, or oatmeal
- 6 inch tortilla

### Protein

- 1 oz meat, poultry or fish
- 1/4 cup dry beans
- 1 Tbsp peanut butter
- 1 egg
- 1/2 oz nuts
- 1/4 cup tofu

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## Division of Responsibility

- Preschoolers are responsible for:
  - How Much - How much, if any, to take
  - What - Choosing, of the foods offered, what they would like to eat
- Parents and Caregivers are responsible for:
  - What is Offered - Offering healthy foods
  - When Offered - Providing regularly scheduled meals and snack times
  - Where Offered - Offering a pleasant, calm and safe meal setting

## Good Choices

- Let your preschooler's appetite be the guide for how much to offer
- After 2 years of age, preschoolers can drink the same milk as the family (preferably fat free/low-fat milk)
- Serve milk and juice with meals. Satisfy thirst at other times with water
- NOT Recommended are caffeine-containing drinks (ice tea, sodas, coffee)
- NOT Recommended are sugary or sweetened drinks (sodas, Gatorade, Powerade, Vitamin Water, Hi-C juices, Capri Sun, etc.)

## Tips & Tricks

- Let your preschooler help with meals
  - Washing fruits and vegetables
  - Stirring and mixing
  - Setting, clearing and wiping the table
- Offer your preschooler foods that are colorful and have interesting shapes
- Offer new foods in a "matter of fact" way and at the start of a meal when your preschooler is most hungry
- Preschoolers tend to go through "food jags" - picking a favorite food and wanting to eat it all the time. It's okay if the food is healthy and soon they will be on to new foods.

We gratefully acknowledge Ellyn Satter's permission to use her work.

**Ask your health care provider if you have any problems or questions and always check with your provider before taking any medicine or changing your exercise plan.**

## Picky Eaters

### Is a picky eater born or made?

- Some preschoolers are very sensitive to taste, texture and smell. Which means they can enjoy a food a lot or gag when eating it.
- Parents who are fussy about their own foods will often pass this on to their preschoolers.
- Parents who pressure their children to eat can turn their preschoolers away from certain foods

### What to do about it?

- Let your preschooler pick from the foods available at meal time
- DO NOT limit the menu to only food your preschooler will eat
- DO NOT withhold dessert or bribe to force him/her to eat
- Let your preschooler eat as much or little at meal and snack time and remind them no food will be offered until the next meal or snack time
- Many times preschoolers eat poorly because they drink their food rather than eat it.
- TRUST your preschooler to eat. Toddlers have the built-in-ability to eat and will eventually come up with a balanced diet.
- Teach your preschooler polite manners when refusing a food or asking for more.
- Remember children fight back when they feel pressured to eat.

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