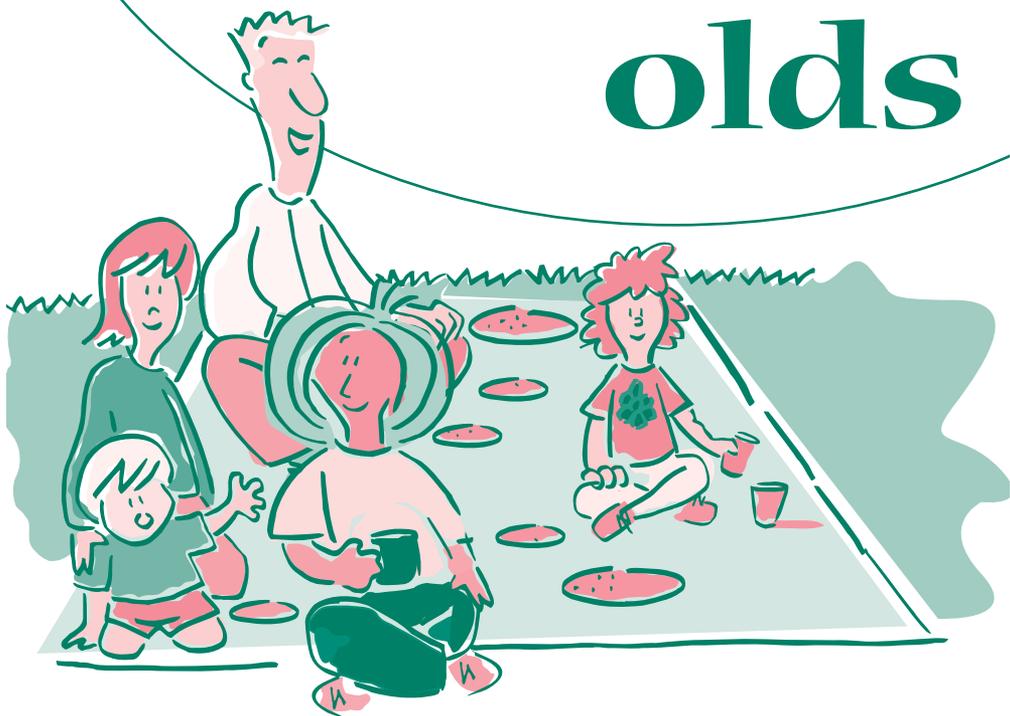
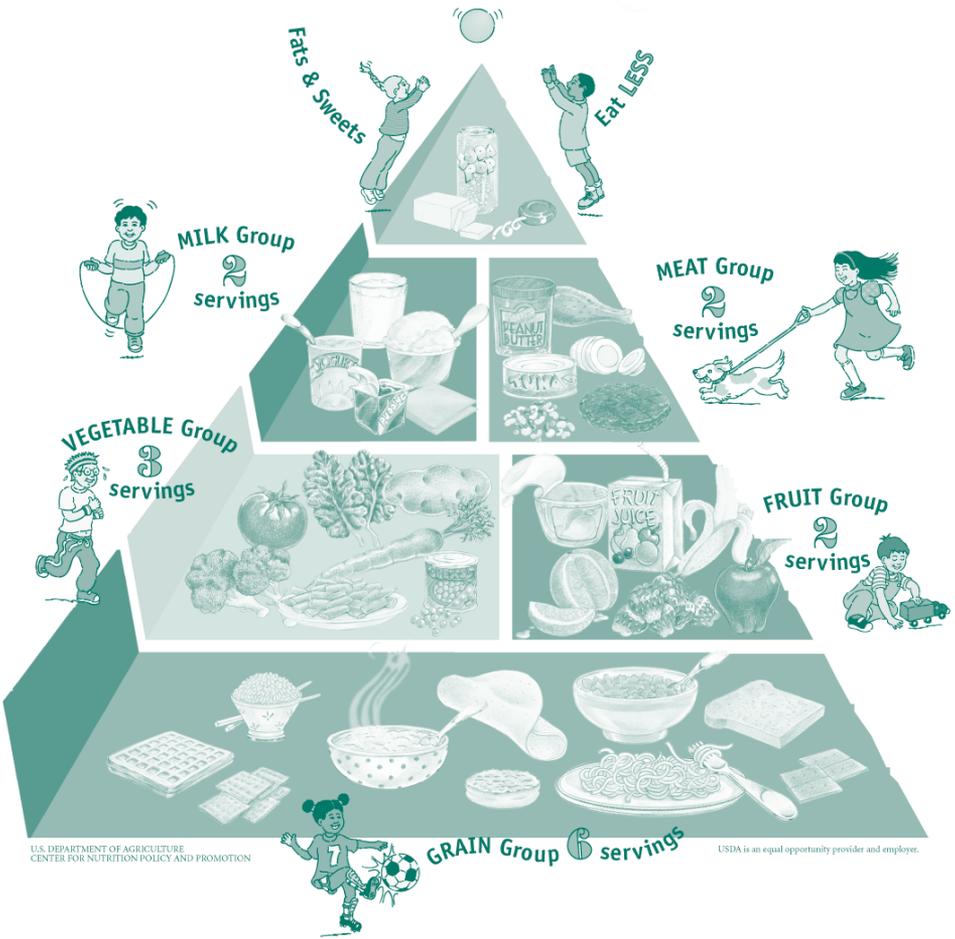


Tips for feeding 4-to 6-year- olds



FOOD PYRAMID

Guide for Young Children



Use the Pyramid as your guide.

How much is one serving?

Grains:

- 1 tortilla or slice of bread
- $\frac{1}{2}$ cup cooked rice, pasta or oatmeal
- 1 cup dry cereal
- 6 crackers

Fruits:

- 1 piece raw fruit
- 6 ounces fruit juice
- $\frac{1}{4}$ cup raisins or dried fruit

Vegetables:

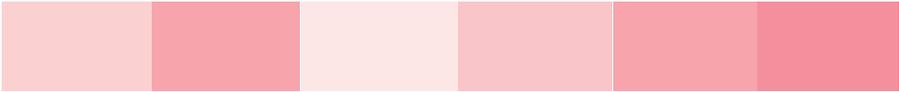
- $\frac{1}{2}$ cup cooked or canned vegetables
- $\frac{1}{2}$ cup chopped raw vegetables
- 6 ounces vegetable juice

Milk:

- $1\frac{1}{2}$ ounces cheese
- $\frac{3}{4}$ cup yogurt
- 1 cup milk (low-fat milk is a good choice)

Meats:

- 1 chicken leg or small hamburger patty
- 2-3 ounces of fish (limit to 2 servings per week)
- 2 eggs
- 1 cup cooked beans
- 4 tablespoons peanut butter



Q: Sometimes my child refuses to eat certain foods. What should I do?

A: Offer foods in a different way or offer substitutes.



■ **Meats:**

- Cut into small pieces
- Add to pizza, spaghetti, soups
- **Substitutes:** beans, lentils, nuts, eggs, tofu, peanut butter

■ **Vegetables:**

- Let children dip vegetables into healthy yogurt, melted cheese or avocado dips
- Add to spaghetti sauce, soups, pizza
- **Substitutes:** fruits

■ **Milk:**

- Make soups, sauces and puddings with milk
- Make healthy shakes with milk, yogurt, fruit and ice
- **Substitutes:** cheese, yogurt, cottage cheese

Q: What can I do to help my child eat healthy foods?

A: Be patient, set a good example and try the following tips.

Offer meals and snacks at regular times.

Turn the television off during meals. Young children are easily distracted during meals.

Let your child help shop for and prepare meals. Children can stir, pour, peel, roll dough, measure and assemble ingredients.

Reward your child with a hug, a kiss or her favorite story instead of food.

Don't buy or keep junk food in the house.





Q: What should I do on days when my child does not want to eat?

A: As long as your child is healthy and growing, don't worry if he eats less on some days and more on other days.

Parents should decide:

- **what** foods to offer
- **when** foods are offered
- **where** foods are offered

Children should decide:

- **which** foods to eat
- **how much** food to eat

Does this sound like your child?

- easily distracted during meals
- more interested in talking than eating
- does not want to try new foods
- wants to eat the same food over and over again
- wants to eat what her friends eat
- wants to eat foods she sees on television commercials

These are normal eating habits for young children. Be patient; your child will outgrow them.



Q: What should I give my child to drink when he is thirsty?

A: Give your child healthy drinks such as low-fat milk, 100-percent juice or water.

Follow these guidelines:

Limit milk to 16 ounces per day.

Limit juice to 6 ounces per day.

Offer water often.

Avoid sugary or caffeinated drinks such as fruit punch, fruit-flavored drinks, soft drinks, tea and coffee.

If your child drinks too much juice or milk, he may eat less of other important foods.

Q: How can I help my child to be physically active?

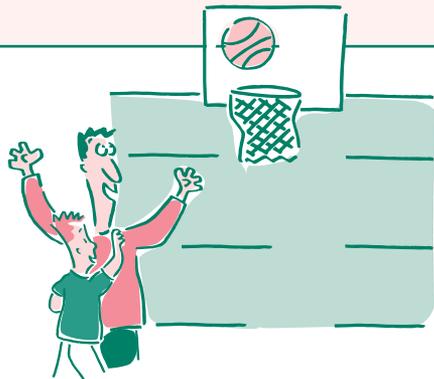
A: Set a good example; play with your child.

Get the whole family involved in an activity together. Hike, ride bikes, dance, or play tag.

Help your child learn to hop, swing, throw, catch, and skip.

Invite friends or neighbors over to play.

Limit your child's television, video, and computer time to no more than 2 hours per day.



Q: How can I help my child have a healthy weight?

A: Help your child develop healthy habits.

Be active with your child.

Do not use food as a reward or bribe.

Offer these:

- fruit juice (limit to 6 ounces per day)
- fresh fruit
- plain cooked or raw vegetables
- low-fat milk (limit to 16 ounces per day)
- pudding made with low-fat milk
- whole grain muffins, bagels, crackers, toast

Limit these:

- soft drinks, fruit punch, Kool-Aid®, Sunny Delight®
- french fries, fried potatoes, potato chips
- ice cream, candy, cookies, pies, doughnuts, cakes

Q: Are there foods that are unsafe for my child?

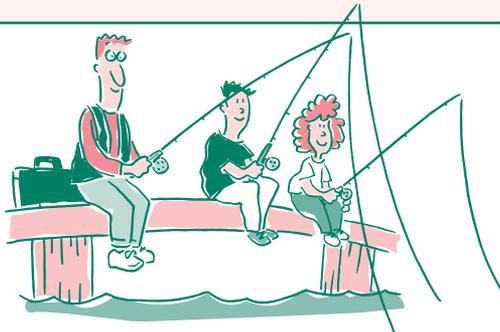
A: Yes, avoid fish with a high mercury content. Mercury can cause nervous system, kidney and digestive problems.

Limit your child to 2 servings of fish per week, including shellfish.

Do not give your child shark, swordfish, king mackerel or tilefish; they may contain high amounts of mercury.

Check the safety of fish caught in your local lakes, rivers, and coastal areas. Contact:

- DSHS Seafood Safety Division
- <www.tdh.state.tx.us/bfds/ssd>
- (512) 719-0215



Q: What will you do to help your child eat healthy foods?

A: Be patient and set a good example for my child

Turn off the television during meal times

Limit juice to 6 ounces per day

Offer more vegetables

Offer healthy snacks such as fruit, crackers, yogurt, cereal

Limit the time my child watches television

My goal for the next few months:
