



Healthy Eating
FOR
3 YEAR OLDS



DAILY Food Plan

Children can only eat a small amount at one time, so offer your child 3 meals and 2-3 snacks from the 5 food groups every day. Use this Food Plan as a general guide. Your child may need less or more. Children need more during growth spurts.



servings OF FRUIT

Fruit Serving Sizes

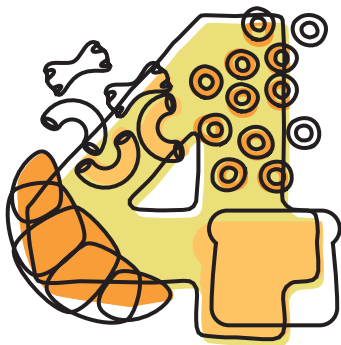
- 1/2 cup fruit
 - 1/2 cup 100% fruit juice*
 - 1/2 medium banana
 - 4-5 large strawberries
 - 1/4 cup finely chopped dried fruit
- *No more than 1/2 cup juice a day.



servings OF VEGETABLES

Vegetable Serving Sizes

- 1/2 cup vegetables
- 1/4 cup tomato or vegetable juice

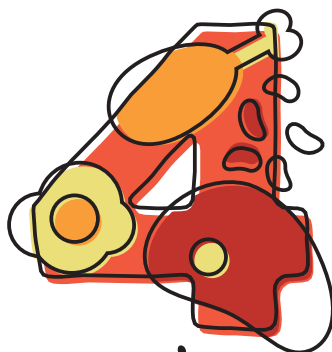


servings OF GRAINS

Grain Serving Sizes

- 1 slice bread or 1 small tortilla
- 1/2 cup cooked cereal, grits, rice, or noodles
- 1 cup dry cereal
- 5 to 7 small crackers

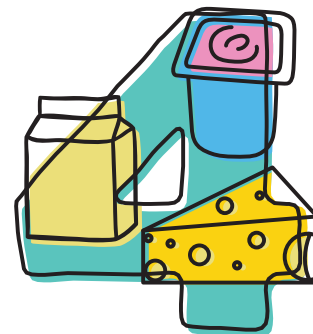
Make half your grains whole.



servings OF PROTEIN

Protein Serving Sizes

- 1/4 cup (1 ounce) lean meat, poultry, or fish
- 1 egg
- 1 tablespoon peanut butter
- 1/4 cup beans or peas (kidney, pinto)
- 2 tablespoons finely chopped nuts

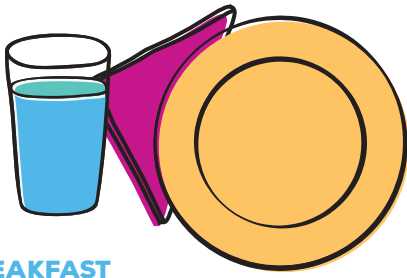


servings OF DAIRY

Dairy Serving Sizes

- 1/2 cup 1% low fat or fat free milk
- 1/2 cup low-fat yogurt
- 3/4 ounce (1 slice) cheese

WIC gives low-fat milk to children 2 and older. It's what they need.



Sample MENU

BREAKFAST

- ½ cup low fat yogurt
- 1 slice whole wheat toast
- ½ cup orange juice

MORNING SNACK

- Egg Sandwich
 - 1 slice whole grain toast
 - 1 hard cooked egg
- A few ounces of water

LUNCH

- Vegetable Beef Soup with
 - ½ cup cooked peas, carrots, corn, potatoes, and tomatoes
 - ¼ cup cooked ground beef
- 2-3 whole grain crackers
- ½ cup low fat milk

AFTERNOON SNACK

- ½ cup carrot "matchsticks"
- ¼ cup hummus (chickpeas)
- A few ounces of water

DINNER

- 1 ounce baked chicken
- ¼ cup mashed potatoes
- ¼ cup green beans
- 1 small slice French bread
- ½ cup low fat milk

EVENING SNACK

- 1 graham cracker square
- ½ cup applesauce for dipping
- A few ounces of water

Let's COOK



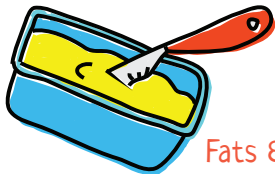
Your child can spoon on the filling, and sprinkle with cheese.

Tuna Quesadillas

- 1 - 5 ounce can light tuna, packed in water
- 1 tablespoon light mayonnaise
- 4 small whole wheat flour tortillas
- ½ cup grated cheddar cheese

1. Mix tuna with mayonnaise.
2. Spoon filling into half of each tortilla. Top with cheese and fold tortilla in half.
3. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Makes 4 servings.



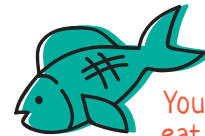
Fats & Oils

It's okay to use a little fat or oil in cooking and at the table. To protect your child from heart disease, use fats that come from plant sources (soft tub margarine, vegetable oils, mayonnaise, salad dressing) instead of fats that come from animal sources (fat back, salt pork, lard, bacon grease, butter).



Sweets

It's okay to use a little bit of sugar and a dessert a day. Don't let sweets take the place of foods your child needs from the 5 food groups. Make most desserts from the 5 food groups, such as fruit cobbler, pudding, cereal bar treats, and jello with fruit.



Young children should not eat Shark, Swordfish, King Mackerel, or Tilefish.

They contain enough mercury to hurt a young child's nervous system. They can eat up to 2 servings of a variety of other fish and shellfish a week. Limit Albacore (white) tuna to 1 of the 2 allowed servings. Pay attention to local advisories about the safety of fish caught in local lakes, rivers, and coastal areas.

Get your child on the path to

HEALTHY EATING.



Now your child is a preschooler. He wants to be with you. He likes for you to talk with him. He loves to learn. Teach him the names of foods and how they grow. Offer your child healthy meals and snacks. Let him decide which foods to eat, and how much.

TRY TO OFFER MEALS AND SNACKS AT ABOUT THE SAME TIMES EVERY DAY. When you are away from home, take a snack for your child to sit and eat—like WIC cereal or crackers. If a meal or nap is late, your child may get too hungry or tired. He might throw a tantrum. He doesn't know how to wait.

YOU CAN TRUST YOUR CHILD TO EAT THE RIGHT AMOUNT. Don't worry if he does not eat a meal or a snack. Children eat more on some days than others. Don't force your child to eat or make him "clean his plate".

MAKE MEAL TIME FAMILY TIME. Put your child in his highchair or booster chair at the table with the family. Focus on the meal and each other. Turn off the TV and cell phone. Let your child serve himself. He can spoon food from a large bowl onto his plate.

LET'S TRY NEW FOODS! Trying new foods is part of learning. As you shop, ask your child to choose a new food for the family to try. Talk about the color, shape, feel, smell, sound, and taste—not if you like or dislike it. No "yucks"! Remember, it may take many tries before your child likes a new food. Try preparing it in different ways. Relax! Your child doesn't need to like every food. Everyone (you, too) has different food favorites.

REWARD YOUR CHILD WITH WORDS, NOT FOOD. Do not use food to reward or punish your child or to make him feel better. This can lead to eating or behavior problems. Reward your child with words like:

"Thank you!" "You did a good job!" Make him feel better with hugs and talk. Show love by spending time and having fun together.

YOUR CHILD CAN HELP IN THE KITCHEN.

Your child can tear lettuce for a salad, and spread peanut butter on bread. Let him make a funny face sandwich with apple slices and raisins. He can count out forks for dinner, and help set the table. He can clear the table after a meal.

OFFER SAFE FOODS.

- + Cut your child's food into tiny pieces that are soft enough for him to chew. Cut grapes in quarters. Cut hot dogs the long way.
- + Sit with your child at the table and watch him while he eats. He can't make noise if he chokes.

DON'T GIVE FOODS YOUR CHILD CAN CHOKE ON SUCH AS:

- + Raw hard vegetables
- + Nuts unless finely chopped
- + Hard candy
- + Whole grapes
- + Hard round foods
- + Dried fruit unless finely chopped or soft cooked
- + Spoonfuls of peanut butter (*Spread thinly on a cracker or bread instead.*)
- + Whole hot dogs
- + Chunks of meat
- + Chips, popcorn

AVOID DRUGS, ALCOHOL, AND TOBACCO.

- + Don't smoke around your child. Children of smokers have more coughs, colds, and ear infections.
- + Don't use alcohol or drugs—they can harm you and your child and affect everyone in the family.



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