

eleventh visit... 4 years

Food for Thought

What foods does your child like?

What vegetables are most enjoyed?

How many meals and snacks per day does your child eat?

What kind of snacks are your child's favorite?

What activities does your child enjoy?

How much time does your child spend with TV, computer and video games each day?

Feeding Advice

- Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole grain unsweetened cereal and crackers.
- Think your drink – make it milk at meals and water or 100% fruit juice in between.
Limit 100% fruit juice intake to 4-6 oz./day.
- Keep portion sizes small and continue to use child-size plates, cups & silverware.
- Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from. And don't let them snack right before meals.

Be Active

- Encourage 1 hour of active play each day – throwing, catching, bike riding, skipping, dancing, jumping, running – make physical activity a family routine!
- Enjoy throwing and catching balls with your child.
- Your child may try to hop on one foot!
- Limit screen time (TV, computer, electronic games) to less than 2 hours per day.

Notes:

Child's name _____

Height _____ Weight _____

Date _____

BMI _____ percentile _____ %