

3 *tenth visit...*
years

Food for Thought

What is your child eating and drinking?

Does your child use a spoon and fork?

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

How much TV does your child watch per day?

What activities/play does your child enjoy?

Does the family play together?

Feeding Advice

- Your child's appetite will change from day to day, continue to have planned family meals.
 - Move from 2% milk to lowfat or fat free milk, serve milk at all meals.
 - Serve more whole grains (oatmeal, unsweetened dry cereal, whole wheat bread), fruits and vegetables.
 - Make meal time fun – cut food into shapes, serve a wide variety of colors & textures.
- Establish good habits early when eating away from home.
 - Avoid eating in the car.
 - If your child is in day care or staying with relatives make sure you know what they're eating and drinking when you are away.
 - Restaurants – split meals between children or share yours, remember portion size is 1/4 of the adult portion; don't let them fill up on pre-meal foods such as bread & crackers.
- There is a place in a balanced diet for desserts but they are not necessary at every meal, nor should you use dessert as a bribe or reward for eating other foods. When you do serve dessert, try healthier options such as fruit or yogurt.
- Your main job is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs) and your child's job is to decide how much to eat. Don't force your child to eat.

Be Active

- Encourage daily play that includes the entire family.
- Your child may be ready to ride a tricycle.
- Limit screen time (TV, computer, electronic games) to 1-2 hours/day and help your child choose what to watch.

Child's name _____

Height _____ Weight _____

Date _____

BMI _____ percentile _____ %