

## Healthy Tips



- \*Most children can't get enough calories from three meals alone, since their stomachs are still relatively small.
- \*They may need to eat two to three snacks per day.
- \*Although schedules are helpful, listen to your child. It's important to allow children to recognize when they are hungry or full.



- \*Avoid giving children foods that are high in sugar and fat, such as pop, candy, chips, frozen meals, and fast food.
- \*Offer foods that are nutrient-dense, meaning they are high in vitamins, minerals, complex carbohydrates, protein, and healthy fat.
- \*Whole grains, fruits, veggies, peanut butter & yogurt are examples.



- \*Encourage children to be physically active.
- \*Model physical activity by being active yourself.
- \*Teach your children the games you played as kid.
- \*Limit screen time to no more than two hours per day for children 2-5 years. This includes TVs, computers, tablets, and video games.



- \*Involve your children in meal planning, shopping, and food prep.
- \*Work to make mealtimes pleasant and not rushed.
- \*It may take up to 10 tries before a child likes a certain food.
- \*Relax! Some parents have kids who just eat easily and others who do not.