

1 GREAT PLATE

for Preschoolers!™

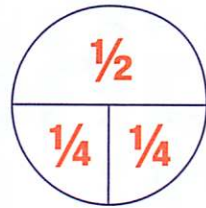
= $\frac{1}{2}$ Vegetables and Fruit + $\frac{1}{4}$ Whole Grains + $\frac{1}{4}$ Lean Protein



Make Your Plate GREAT!

1 GREAT PLATE™

for Preschoolers!



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Top Tips for Feeding Preschoolers:

Set the stage for family mealtimes

- Enjoy eating as a family whenever possible.
- Allow plenty of time for eating and serve food family style.
- Plan sit down meals and snacks about every two to three hours.

Offer a variety of foods

- Serve a variety of foods that taste good from all food groups.
- Choose whole grain breads and cereals about half the time.
- Enjoy brightly colored fruits and vegetables.
- After age two – serve skim or 1% milk and dairy products.
- Plan snacks like small meals, including a few foods from the different food groups.

Transition from playtime to mealtime

- Create quiet, calming routines before mealtime or give children five minutes to transition.
- Always have children wash their hands before meals or snack.

Control distractions during meals and snacks

- Turn off the TV and focus on pleasant topics of conversation.
- Aim for a relaxed atmosphere – avoid rushing to the next activity or event.

Let your child control how much they eat

- Adults control the type and variety of foods served – children control how much to eat.
- Avoid comments about how much or which foods a child is eating.

Try new foods often

- Serve new foods in small amounts with foods children are familiar with.
- Ask how the new food tastes, like sweet, sour, salty — not “do you like it?”
 - Never force a child to try a new food or eat one they don’t like.
 - Don’t pressure or reward children for trying new foods — including the “one bite rule.”

Choose fresh, frozen or canned fruit more often than fruit juice

- Fruit tastes great and has more nutrients and less sugar than juice.
- Offer water instead of juice when children are thirsty.
- Limit juice to about 4-6 ounces per day for children ages one to five.



What's a preschooler sized serving?



1/3 cup dry cereal



1/4 cup cooked pasta or rice



1/4 cup fruit



1/4 cup vegetable



3/4 cup of milk



1 egg



1 ounce of meat or poultry