

## ADVICE FOR PARENTS

Parents are the teachers of food habits. As children grow, they are watching for clues on food choices. Children will copy many habits, likes and dislikes. When making food choices, actions speak louder than words. If you want your child to develop a preference for nutritious foods, consider the following:

- ★ Develop good food habits yourself.
- ★ Avoid talk about foods you do not like. Talk about foods you enjoy.
- ★ Never assume that a child will not like a food. Give them a chance to try!
- ★ Be willing to try new recipes and foods.
- ★ If your child does not eat at mealtime, remain calm. When the next meal is served, give the child his/her food as you usually would. Any snack between meals should be nutritious.
- ★ Do not make an issue of refusal to eat. Some children choose this behavior because they get lots of attention.
- ★ Encourage your child to help in planning and preparing meals and snacks.
- ★ Serve regular meals and snacks.
- ★ Buy healthful food. Parents are the best judges of what a child should eat. Children are the best judges of how much they should eat.
- ★ Make mealtime pleasant.


## SNACKS

Snacks make up an important part of a child's nutrition. Young children are growing rapidly. In planning snacks you need to select nutritious foods to help promote this rapid growth.

Plan snacks. Schedule them around the normal events of the day and in between the regular meals. Children should learn to get hungry, instead of feeling full all the time.

Snacks should include a variety of foods. Selections can be made from any of the food groups. Foods in the fats, oils and sugars group provide many calories but few nutrients. Foods from this group should be used only occasionally.

### SMART SNACK IDEAS



- Fresh fruit
- Fruit Smoothie
- String cheese
- Yogurt
- Crackers with cheese
- Dry cereal
- Toast
- Milk
- Custard or Pudding
- Vegetables
- Vegetable juices (Tomato or original V8)
- Tortilla Wraps
- Hard-boiled egg

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# Feeding Our Future



**Guidelines for Feeding Children  
(Ages 1 – 6)**

**South Dakota Department of Health WIC Program**

FOOD GROUPS	FOOD CHOICES	1-2 years	3-5 years	6 years	Amount Eaten	Difference
 <b>Grains</b>	Bread: ½ slice = ½ oz. Hamburger/Hot Dog Buns, small Muffin/Bagel = 2 oz Cereals: ½ cup = ½ oz. Cooked Cereals: ½ cup = 1 oz. Pasta, Noodles, Rice: ½ cup = 1 oz. 5 Whole Wheat or 7 Saltine Crackers = 1 oz. Tortillas: 8" = 2oz; 6" = 1 oz	3 oz.	5 oz.	5 oz.		
 <b>Vegetables</b>	Cooked, raw, whole juice (tomato or V8 original)	1 cup ½ - ¾ cup (4-6 oz.)	1 ½ cups ½ - ¾ cup (4-6 oz.)	2 cups 1 cup (8 oz)		
 <b>Fruits</b>	Cooked, raw, whole Juice	1 cup 1/2 - 3/4 cup (4-6oz.)	1 ½ cups 1/2 - 3/4 cup (4-6oz.)	1 ½ cups 1 cup (8 oz)		
 <b>Milk/Milk Products</b>	Milk, yogurt, pudding 1 ½ oz cheese = 1 cup of milk (1 slice = 1 oz) ½ cup cottage cheese = ¼ cup milk ½ cup yogurt = ½ cup milk	2 cups	2 cups	3 cups		
 <b>Meat, Poultry, Fish, Beans</b>	Lean meat, poultry, fish: 2 tbsp = 1 oz. 1 egg = 1 oz. Cooked canned/dry beans: ¼ cup = 1 oz. Peanut Butter: 1 tbsp = 1 oz. (for children >2 years)	2 oz.	4 oz.	5 oz.		
<b>Other calories</b> including sugars and other fats, butter, margarine, sugar, candy, jam, syrup, soft drinks, cake, cookies, pie, chips, etc.		<b>These foods provide calories, with few nutrients. Eat in small amounts</b>				

**Remember:** Young children need small frequent meals and snacks. Offer snacks at least 2 hours before a meal so that your child is hungry at meal time. Serve water between meals to quench your child's thirst. Young children are at risk for choking. Serve foods that are easy to chew and swallow. Cut foods into small pieces and remove seeds, skin and bones.

Introduce whole grain breads and cereals to your child at an early age. Whole grain foods include whole wheat bread, oatmeal, brown rice, whole wheat pasta, and whole wheat crackers. Whole grains cannot be identified by the color of the food. Whole grain (wheat flour, oat, corn) should be listed first in the ingredient list.

Offer a variety of vegetables to your child for optimum nutrition. Include dark leafy green vegetables, orange vegetables, starchy vegetables, dry beans and peas, and other vegetables like cucumbers, tomatoes, and cauliflower.

Vitamin C
Eat one high or two good Vitamin C food sources each day!
High Source: Cantaloupe, Grapefruit/Juice, Kiwi, Orange/juice, Green Pepper, Strawberries, V-8 juice
Good Source: Broccoli, Cauliflower, Tangerine, Baked Potato with skin, Tomato/Juice, Brussels Sprouts



VITAMIN A
Eat one high or two good Vitamin A food sources everyday.
High Source: Carrots, Sweet Potato, Spinach, Pumpkin, Dandelion Greens
Good Source: Cantaloupe, Kale, Winter Squashes: acorn, butternut (does not include zucchini), Greens (collards, mustard, turnip)