

HEALTHY EATING FOR YOUR 3 - 5 YEAR OLD

SMART CHOICES

- Make it a family affair – switch the entire family to low-fat milk.
- Let your child decide how much to eat. One portion equals the size of the palm of your child's hand.
- Disband the clean your plate club! Serve smaller portions and let your child ask for more.
- Offer choices. You decide what to serve at mealtime. Let your children decide what to have for snacks – from among the healthy snacks you have purchased for them, of course.
- Limit the juice. Although it sounds healthy, fruit juice is mostly sugar and packs a lot of empty calories. Limit your child's intake to only 4 ounces of juice per day. And remember, never put a child down for a nap or bedtime with a bottle of juice.

HEALTHY ACTIVITIES

- Enroll your child in organized sports or classes, such as ballet, soccer or martial arts.
- Do active things together as a family – walk, bike ride, play in the park or swim.

PLANNING FOR SUCCESS

- Provide healthy choices at mealtimes, then let your child decide what to eat.
- When making changes, keep them simple and incorporate them into your daily routine.