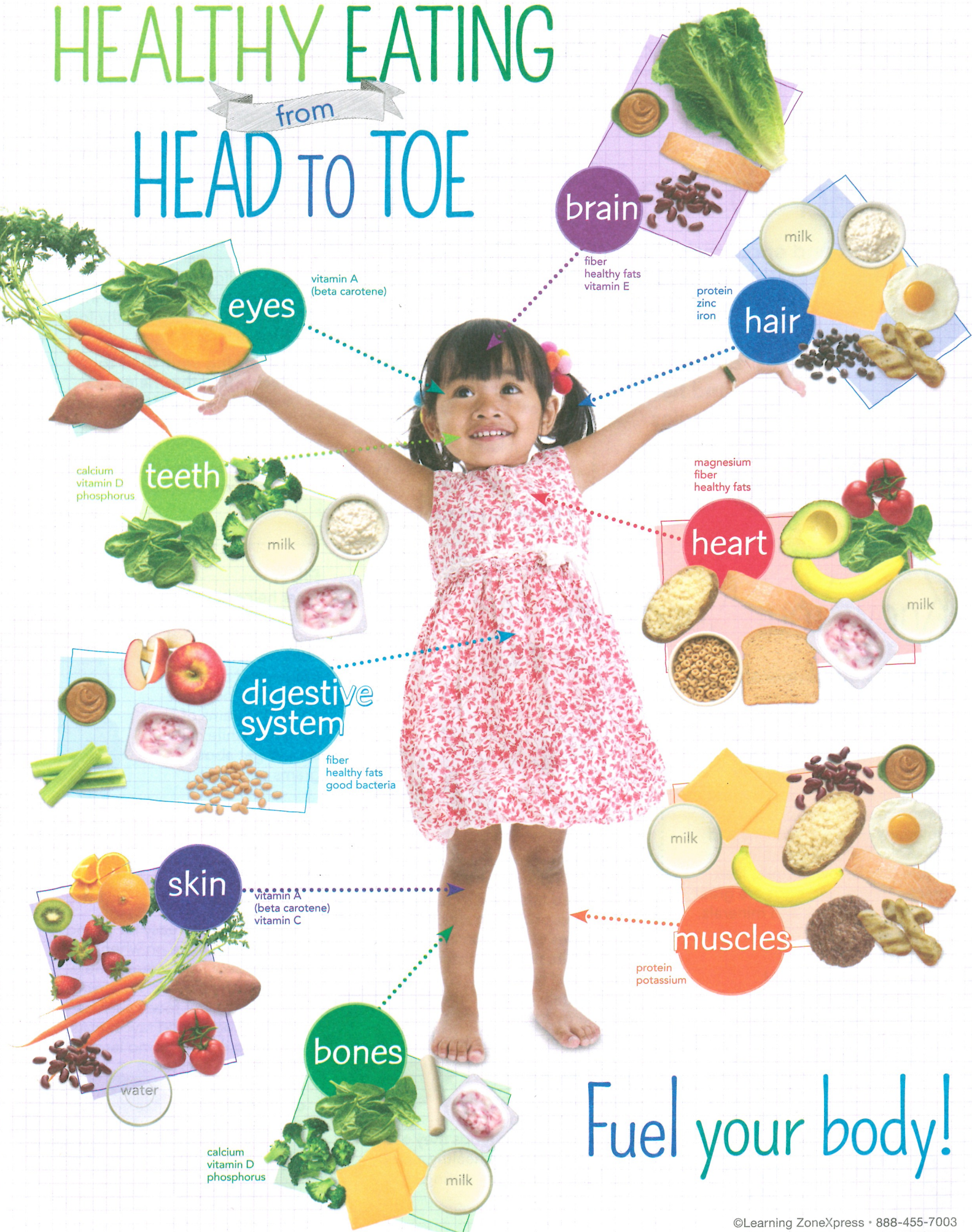


# HEALTHY EATING

from

# HEAD TO TOE



# Fuel your body!

# Fuel Your Child's Body...

from

## Head to Toe

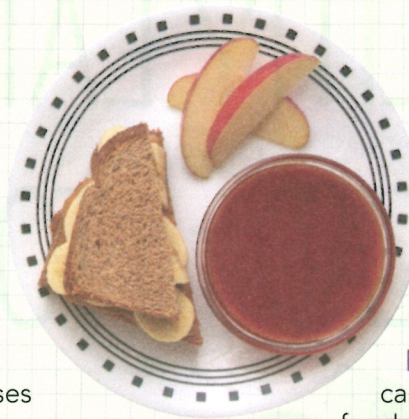
Support and encourage your child to taste, eat, and enjoy foods that help build strong and healthy bodies

Providing a young child with good nutrition is not

only important for normal growth and development, it also promotes lifelong healthy eating habits that can prevent diseases later in life.

*It's normal for preschoolers to be hesitant to try new foods. Make the most of mealtime by:*

- **Offering a variety of foods at meal times.** Your child may have rejected them in the past, but keep trying – it takes many exposures for children to accept new foods.
- **Involving your child in meal**



preparation with age-appropriate tasks.

• **Modeling healthy eating habits.** Your child

can pick up on your food preferences, so

allow them to catch you in the act of making healthy food choices.

• **Allowing your child to decide whether he or she wants to eat and how much.**

You decide what, when, and where your child eats.

• **Creating a routine for daily meals and snacks.**

# Know Your Nutrients

## Vitamins and Minerals

Vitamins and minerals are important nutrients that promote a child's growth and development while helping keep the body healthy. Offer your child a variety of different food choices throughout the week so they get many different vitamins and minerals. Fruits, vegetables, whole grains, low-fat milk, lean meats, beans, and eggs are great sources of vitamins and minerals.

## Protein

Protein foods help build, maintain, and repair the tissue that make up a human body, including our muscles and organs. Foods rich in protein include

meat, poultry, fish, beans, legumes, nut butters, and eggs.

## Healthy Fats

Fat is an important nutrient in a young child's diet for growth and development. Choose unsaturated fats like avocados, oils, and peanut or other nut butters. These types of fats help keep a child's brain, nervous system, blood vessels, and heart healthy, while giving kids energy to play and grow.

## Good Bacteria

Yogurt contains "good bugs" which help children digest the foods they eat, keep their intestines healthy, and help keep them from getting sick.



## Fiber

Fiber helps keep kids feeling full and helps in digesting food. High fiber foods include fruits, vegetables, whole grains, and beans. Toddlers should get about 19 grams of fiber each day while children should get about 25 grams each day.

## KEEP YOUR CHILD SAFE Prevent Choking

Some foods are easy for young children to choke on when eating. Skip hard, small, whole foods such as seeds, nuts, and hard candy. Cut foods such as meats, grapes, and raw carrots into irregular pieces no larger than 1/2 inch and teach your child to chew food well.

