

Happy Meals

Let your child help you make meals.



Wash hands.

Prepare vegetables.



Set table.

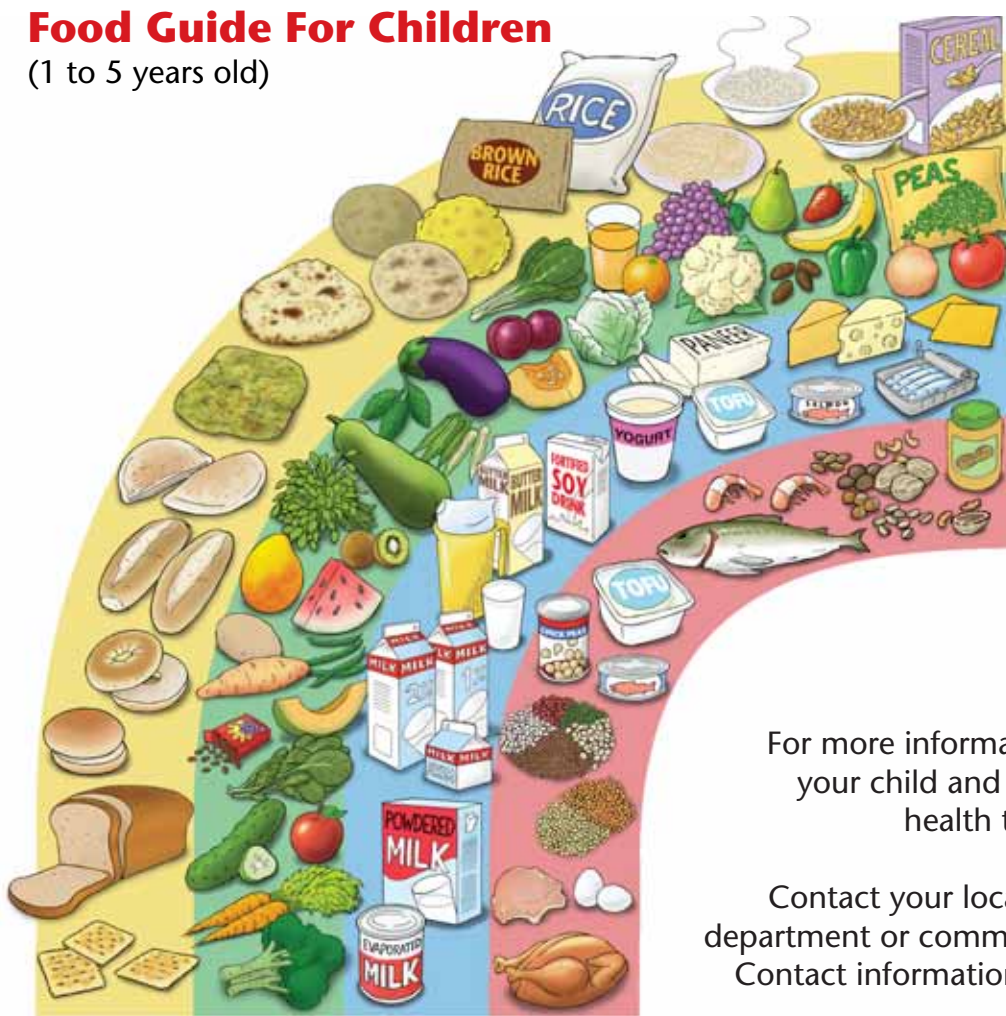


Eat together.



Food Guide For Children

(1 to 5 years old)



Grain Products	Vegetables and Fruit	Milk and Foods High in Calcium	Meat, Fish and Foods High in Protein
5 or more servings per day	5 or more servings per day	2 to 3 servings per day	2 to 3 servings per day
<i>Examples:</i>	<i>Examples:</i>	<i>Examples:</i>	<i>Examples:</i>
breads noodles cereal rice bagel muffin crackers bun pita pancakes roti	banana orange peas squash melon apple broccoli juice cauliflower carrots sweet potato mango	milk cheese ice cream yogurt panir khir paneer	baked beans egg chicken fish lamb tofu lentils beef pork nut butters chick peas hummus

How to Feed Your Growing Child

(1 to 5 years old)

Learning to eat by myself is messy... but fun.



For more information on feeding your child and other related health topics:

Contact your local public health department or community health centre. Contact information can be found at:

INFO 1-800-268-1154
www.alphaweb.org/phunit

or

www.aohc.org/member_list.asp

Adapted by:



Distributed by:



Ontario's maternal, newborn and early child development resource centre
 Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario

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New food... Hmmm...



Be a good example

Your child will copy you.



Choking foods

Be careful with these foods.

They can cause choking. *Grapes and hot dogs must be cut into small pieces (not circles).*



How much to eat?

Appetites vary. Let your child eat as much healthy food as wanted. *Don't push or limit food.*



Give regular meals, snacks and drinks.

Routine is very important. Most children want the same foods day after day-this is O.K. Here is one example of a day's meals and snacks based on the Food Guide for Children. This guide is shown on the back.

