

Happy Meals

Let your child help you make meals.



Wash hands.

Prepare vegetables.



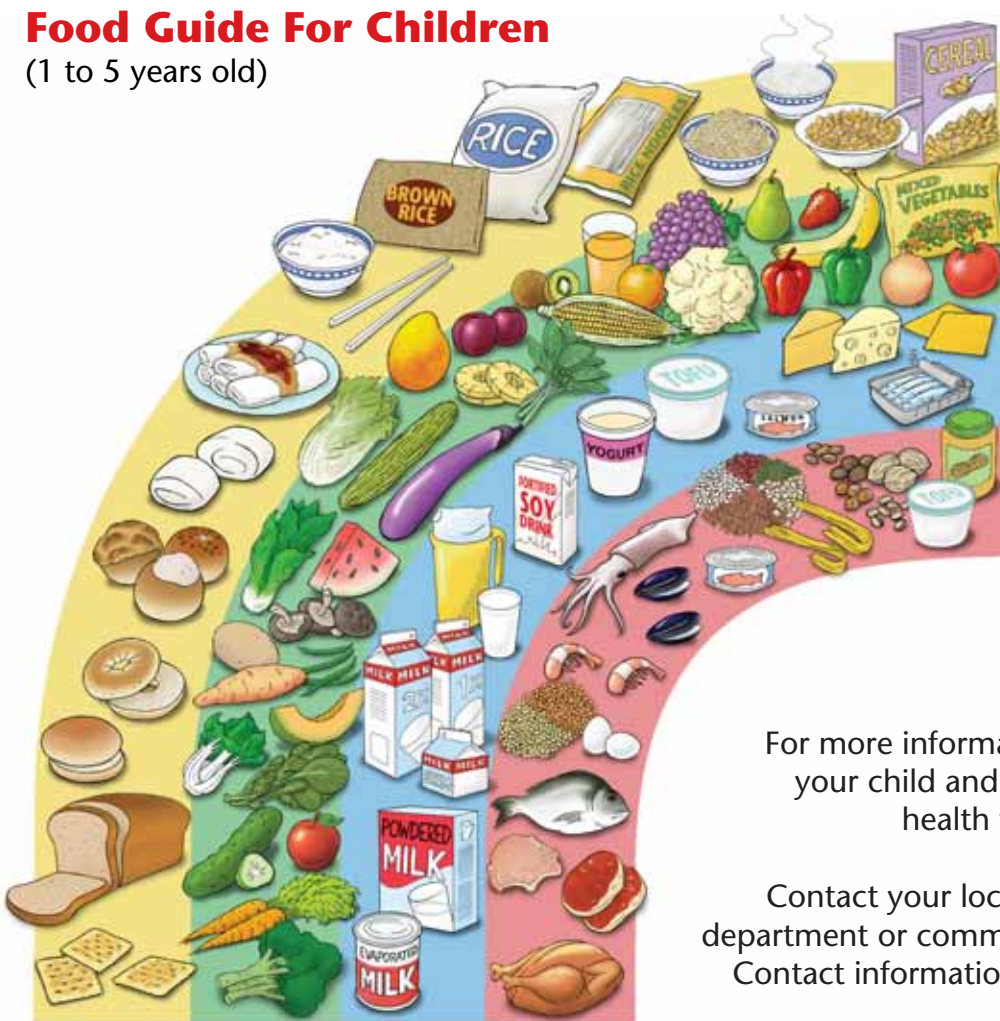
Set table.



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
Examples:	Examples:	Examples:	Examples:
breads noodles cereal rice bagel muffin crackers bun pita pancakes	banana orange peas squash melon apple broccoli juice cauliflower carrots sweet potato eggplant bokchoy	milk cheese ice cream yogurt pudding calcium-fortified soy milk	beans and lentils egg chicken fish lamb tofu lentils beef pork nut butters

How to Feed Your Growing Child

(1 to 5 years old)

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



New food... Hmmm...



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:



NUTRITION RESOURCE CENTRE
 CENTRE DE RESSOURCES EN NUTRITION

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

Adapted with permission from Vancouver Coastal Health, British Columbia, and Simcoe Muskoka District Health Unit.

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.

