Want More Information?

Check out these books:

- Secrets of Feeding a Healthy Family. Satter, E. Madison, WI: Kaley-Press, 1999
- Raising Happy, Healthy Weight-Wise Kids. Toews, J.; Parton, N. Toronto, ON: Key Porter Books, 2000

Interesting Websites

- Canadian Paediatric Society: www.cps.ca
- Nutrition for Kids: www.nutritetotalkforkids.com
- Anaphylaxis Canada: www.anaphylaxis.ca
- Tiny Tummies: www.TinyTummies.com
- Canadian Fitness and Lifestyle Research Institute: www.cflri.ca
- Ready Set Go—The Sports Website for Families: www.readysetgo.org
- Canadian Institute of Child Health: www.eparentingnetwork.ca

NutriSTEP

This resource was originally part of the NutriSTEP (Nutrition Screening Tool for Every Preschooler) Project.

For more information on NutriSTEP, call the Sudbury & District Health Unit at (705) 522-9200.

The NutriSTEP Project thanks the following sponsors for their financial support: Population Health Fund, Health Canada, the Government of Ontario, and the City of Greater Sudbury.

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Distributed by:

September 2004
**Canada’s Food Guide to Healthy Eating for Preschoolers**

### Child Size Servings

**Grain Products**
- 1/2-1 slice bread, 1/3-3/4 cup hot or cold cereal, 1/4-1/2 cup pasta or rice or noodles, 1/4-1/2 bagel, pita or bun, 1/4-1/2 roti or tortilla, 1/2-1 small muffin

**Vegetables & Fruit**
- 1/2-1 medium size vegetable or fruit, 1/4-1/2 cup fresh, frozen or canned vegetables or fruit, 1/4-1/2 cup juice

**Milk Products**
- 1/2-1 cup milk as a beverage or in puddings and soup, 1/2-3/4 cup yogurt

**Meat & Alternatives**
- 1-2 oz meat, fish or poultry, 1 egg, 1/4-1/2 cup tofu or legumes (peas, beans, lentils), 1-2 Tbsp. peanut butter

A typical day could be:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>A.M Snack</th>
<th>Noon Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td>3-5 crackers</td>
<td>1/2-1 grilled cheese sandwich</td>
</tr>
<tr>
<td>1 slice toast</td>
<td>1/2 cup fruit juice</td>
<td>4-6 cucumber slices</td>
</tr>
<tr>
<td>1/2 banana</td>
<td>1 Tbsp. Peanut butter</td>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
<td>1 oatmeal cookie</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>P.M Snack</th>
<th>Supper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup yogurt</td>
<td>1-2 oz (25-50 g) meat, fish, poultry, legumes</td>
</tr>
<tr>
<td>1/2 apple cut in slices</td>
<td>1/4-1/2 cup rice, pasta or grains</td>
</tr>
<tr>
<td>1/2 cup water*</td>
<td>1/4-1/2 cup raw or cooked vegetables</td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1/3-1/2 cup apple crisp</td>
<td>1/3-1/2 cup apple crisp</td>
</tr>
</tbody>
</table>

After Supper Snack:

| 1/2 cup cereal | 1/2 cup milk |

Avoid day-long nibbling on food and sipping on beverages as this can cause cavities.

Enjoy your child’s discoveries and try not to worry about what they eat. If their meals and snacks are fairly well balanced with foods from the four food groups and they seem to be healthy, happy and growing well, there is likely no concern. With patience, understanding and all these healthy building blocks, your child will be ready for the school age stage and on the road to lifelong healthy habits.
Canada's Food Guide to Healthy Eating for Preschoolers

**Child Size Servings**

- **GRAIN PRODUCTS**
  - Examples: 1/2-1 slice bread, 1/3-3/4 cup hot or cold cereal, 1/4-1/2 cup pasta or rice
  - A typical day could be:
    - Breakfast: 1 egg, 1 slice toast, 1/2 banana, 1/2 cup milk
    - A.M Snack: 3-5 crackers, 1/2 cup fruit juice, 1 Tbsp. Peanut butter
    - Noon Meal: 1/2-1 grilled cheese sandwich, 4-6 cucumber slices, 1/2 cup milk
    - P.M Snack: 1/3 cup yogurt, 1/2 oz (25-50 g) meat, fish, poultry, legumes
    - Supper: 1/4-1/2 cup rice, pasta or grains, 1/2 cup water*, 1/2 cup rice, pasta or grains
    - After Supper Snack: 1/2 cup cereal, 1/2 cup milk

- **VEGETABLES & FRUIT**
  - Examples: 1/2-1 medium size vegetable or fruit, 1/4-1/2 cup fresh, frozen or canned vegetables or fruit, 1/4-1/2 cup juice
  - A typical day could be:
    - Breakfast: 1/2-1 medium size vegetable or fruit
    - A.M Snack: 1/4-1/2 cup juice
    - Noon Meal: 1/2-1/2 cup raw or cooked vegetables
    - P.M Snack: 1/2 cup rice, pasta or grains
    - Supper: 1/2 cup water*, 1/2 cup raw or cooked vegetables
    - After Supper Snack: 1/2 cup rice, pasta or grains

- **MILK PRODUCTS**
  - Examples: 1/2-1 cup milk as a beverage or in puddings and soup, 1/2-1 cup milk
  - A typical day could be:
    - Breakfast: 1/2-1 cup milk
    - A.M Snack: 1/2 cup milk
    - Noon Meal: 1/2 cup milk
    - P.M Snack: 1/2 cup milk
    - Supper: 1/2 cup milk
    - After Supper Snack: 1/2 cup milk

- **MEAT & ALTERNATIVES**
  - Examples: 1-2 oz meat, fish or poultry, 1 egg, 1/4-1/2 cup tofu or legumes (peas, beans, lentils), 1-2 Tbsp. peanut butter
  - A typical day could be:
    - Breakfast: 1 egg
    - A.M Snack: 3-5 crackers
    - Noon Meal: 1/2-1 grilled cheese sandwich
    - P.M Snack: 1/3 cup yogurt
    - Supper: 1/4-1/2 cup rice, pasta or grains
    - After Supper Snack: 1/2 cup cereal

**Other Foods**

Limit low-nutrient foods that are high in salt, fat, sugar and caffeine such as chips, cheezies, candy, chocolate and pop. These foods are OK as a treat once in a while but if eaten everyday, they may replace important nutrients and healthier food choices.

Enjoy your child's discoveries and try not to worry about what they eat. If their meals and snacks are fairly well balanced with foods from the four food groups and they seem to be healthy, happy and growing well, there is likely no concern. With patience, understanding and all these healthy building blocks, your child will be ready for the school age stage and on the road to lifelong healthy habits.

Avoid day-long nibbling on food or sipping on beverages as this can cause cavities.
Check out these books:

- **Secrets of Feeding a Healthy Family**. Satter, E. Madison, WI: Kelcy Press, 1999
- **Raising Happy, Healthy Weight-Wise Kids**. Teows, J. Parton, N. Toronto, ON: Key Porter Books, 2000
- **Better Food for Kids**. Kalnins, D; Saab, J. Toronto, ON: The Hospital for Sick Children/Robert Rose Inc, 2002
- **Tiny Tummies—A Practical Guide to Raising Healthy and Active Children from Birth to Teens**. Gavrin, M; Dowshan, S; Izanberg, N. Heart and Stroke Foundation of Canada/Kids Health, 2004

Interesting Websites

- Canadian Paediatric Society: [www.cps.ca](http://www.cps.ca)
- Canadian Health Network: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)
- Nutrition for Kids: [www.nutritionforkids.com](http://www.nutritionforkids.com)
- Population Health Fund
- Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)
- The Food Allergy & Anaphylaxis Network: [www.foodallergy.org](http://www.foodallergy.org)
- The ABC's of Feeding Preschoolers Booklet or other handouts on growth, healthy eating, meal and snack times, and important than eating.
- Canadian Institute of Child Health: [www.eparentingnetwork.ca](http://www.eparentingnetwork.ca)
- Canadian Fitness and Lifestyle Research Institute: [www.cflri.ca](http://www.cflri.ca)
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- The Food Allergy & Anaphylaxis Network: [www.foodallergy.org](http://www.foodallergy.org)
- Tiny Tummies: [www.TinyTummies.com](http://www.TinyTummies.com)
- The tiny tummies of children mean portion sizes need to be small. As children grow, portion sizes can grow too.

Contact a Registered Dietitian at your local public health unit or community health centre for:

- Further advice on eating problems, supplements, children and diets (e.g. vegetarian).
- The ABC's of Feeding Preschoolers Booklet or other handouts on growth, healthy eating, meal and snack times, exploring and playing can be more interesting and important than eating.
- Contact information for nutrition related support groups and agencies in your community.
- Parent education workshops.

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Ontario Health Unit
Sudbury and District Healthy Community

Expect your preschooler’s appetite to vary from day to day.

- Young children who are small eaters need to eat more often. They also need to eat nutritious, higher fat foods like peanut butter and cheese to meet their energy needs.

- Zest for life is a preschooler! This is the age where at times, exploring and playing can be more interesting and important than eating.