



HELPFUL TIPS FOR HUNGRY KIDS

Feeding 3 to 5-year-olds



PRESCHOOLERS HAVE DEFINITE IDEAS ABOUT WHAT THEY WILL AND WON'T EAT.

Each child's eating habits are different, and there are no hard and fast rules for getting these little ones to eat. Follow the guidelines below, and you'll help keep your preschooler on the road to healthy eating!

1

COLOR MAKES A DIFFERENCE.

In selecting new foods, remember that children tend to prefer food with bright colors, milder flavors, and interesting textures.

2

SERVE AN UNFAMILIAR FOOD WITH FAMILIAR ONES.

It increases the chances that a child will be willing to try a new food.

3

BE PERSISTENT.

Research shows that children need to be offered a new food at least 8 to 10 times before most will try it.

4

PROVIDE NUTRITIOUS FOODS AND LET YOUR CHILD CHOOSE.

Children will eat the amount of calories or energy that's right for them.

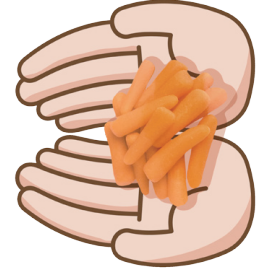
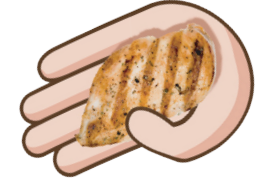
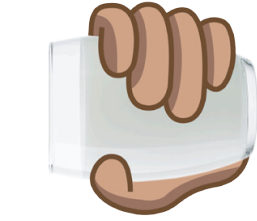
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BE A GOOD ROLE MODEL.

If you want children to try a new food, make sure you taste it in front of them. Children learn by example!

WHAT DO PRESCHOOLERS NEED TO EAT?

Just like adults, they need to eat from the 5 food groups every day.
Here are recommended servings and suggested food ideas!



DAIRY

2-2½ cups

Milk

½–1 cup

Cheese

1–2 oz

Yogurt

½–1 cup

PROTEIN

3-5 ounces

**Lean Meat,
Fish, Chicken,
or Turkey**

1–2 oz

Peanut Butter

1 Tbsp

Egg 1

Beans 4 Tbsp

VEGETABLES

1.5-2 cups

**Cooked
Veggies**

½ cup

**Chopped Raw
Veggies**

½ cup

**Vegetable
Juice**

½ cup

FRUITS

1-1.5 cups

Fresh Fruit

½ piece

**Canned or
Frozen Fruit**

½ cup

Dried Fruit

2 Tbsp

100% Juice

½ cup

GRAINS

4-5 ounces

Make half your
grains whole!

**Bagel, Bread, or
English Muffin**

½ piece

Hot or Cold Cereal

½ cup

Rice

½ cup

Pasta

½ cup