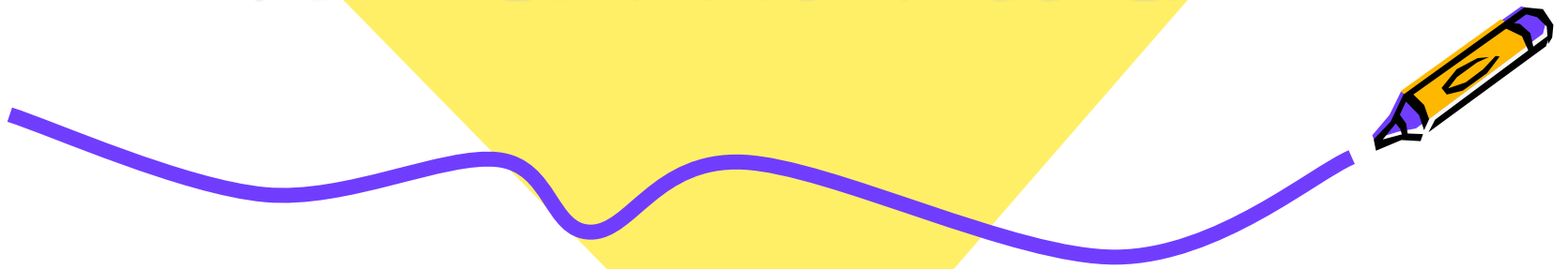




Nutrition

FOR PRESCHOOL CHILDREN



What is Good Nutrition?



- Know the major food groups - each provides important nutrients
- Know which types of foods should be limited
(high in fat/calories with little nutritional value)
- Cereal and Bread groups should include whole grains
- Portions/serving sizes count too!
- Good Nutrition is the responsibility of the parent/caregivers



How do we help children make good nutritional choices?

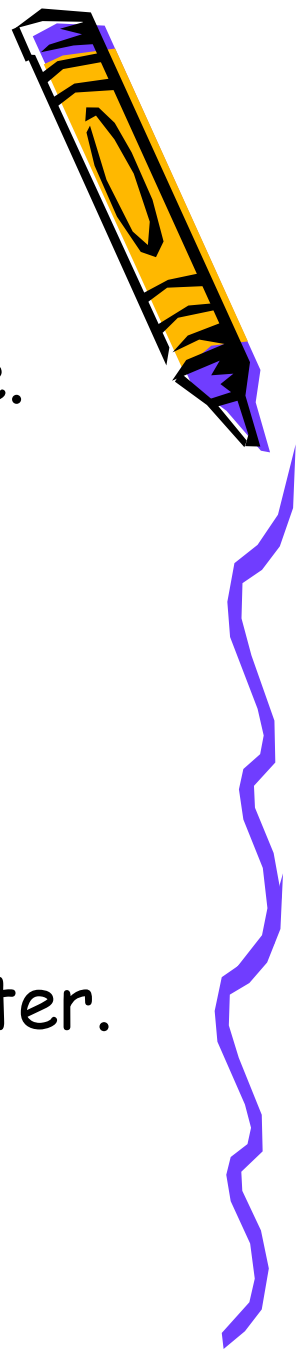


- Set a good example
- Provide breakfast every day
- Healthy foods need to be available/junk foods should only be an occasional choice
- Encourage children to help with shopping/planning
- Eat meals together as a family
- Do not bribe or reward with food
- Make food look appealing - color, texture, fun!



Introducing New Foods:

1. Introduce only one new food at a time.
2. Serve new food with familiar foods.
3. Serve small amounts.
4. Introduce new food only when child is hungry.
5. Talk about the taste, texture, etc.
6. Do not force child to eat, try again later.
7. Be a model!



Snacks are important!



1. Snack must be nutritious. Plan ahead
2. Appealing to children.
3. Should children be allowed to select snack from several different items?
4. Include a nutritious drink daily. Watch out for sugary juices.
5. Should children be allowed to eat as much as they like?





SHOPPING FOR FOODS TO GROW ON



A. To decide if your child is eating enough nutritious foods, put a CHECK ✓ by the foods your child usually eats on most days.

• Foods in the lighter shaded areas are lower in calories than foods in the darker shaded areas.

• Rule of thumb: 2-3 year olds: two-thirds of adult portion; 4+ year olds: same as adult.



B. Look at the food groups where you checked #0.

- New foods you plan to offer your child.
- Foods your child now eats as a reminder to serve them more often.



C. Look at the foods you have circled. Think about when you will serve these foods. Mealtimes! Snack times!

Be sure to add the foods you've circled to your shopping list...and don't forget to add those foods you run out of often!

MILK & MILK PRODUCTS

2-3 SERVINGS A DAY

2 servings for 2-3 year olds
3 servings for 4-6 year olds

1 serving = 1 cup of milk, 1 cup yogurt, 1/2 ounces cheese

- fat free milk
- ice milk
- lowfat cheese
- lowfat cottage cheese
- lowfat milk
- lowfat yogurt
- mozzarella cheese
- nonfat yogurt
- reduced fat cheese
- string cheese
- cheese
- custard
- flan
- frozen yogurt
- hot chocolate
- ice cream
- lowfat chocolate milk
- milkshake
- pudding
- reduced fat milk
- whole milk

Does your child eat at least 2-3 servings a day?

YES NO

MEATS, BEANS, & NUTS

2 SERVINGS A DAY

1 serving = 2-3 ounces of cooked meat
1/2 serving = about 1/2 cup beans, 1 egg, 2 Tbs peanut butter

- chicken (light meat, no skin)
- dried beans
- dried peas
- fish (baked, broiled)
- lean beef
- lean ham
- lean pork
- lentils
- lunchmeat
- refried beans (canned)
- tofu
- tuna
- turkey (no skin)
- beef
- chicken (with skin)
- chicken nuggets
- fish sticks
- fried chicken
- fried fish
- ham
- hot dogs
- lamb
- nuts & seeds
- peanut butter
- pork chop
- ribs
- sausage
- turkey (with skin)

Does your child eat at least 2 servings a day?

YES NO

VEGETABLES

3 SERVINGS A DAY

1 serving = 1/2 cup chopped raw or cooked vegetables, 2 cooked broccoli spears, 7-8 celery sticks

- bean sprouts
- bok choy
- broccoli
- cabbage
- carrots
- cauliflower
- coleslaw
- collard greens
- corn
- cucumber
- green beans
- kale
- lettuce
- mixed vegetables
- mushrooms
- mustard greens
- okra
- peas
- peppers
- salsa
- spaghetti sauce
- spinach
- squash
- sweet potato
- tomato
- vegetable juice
- vegetable soup
- zucchini
- avocado
- french fries
- hash browns
- potato
- potato puffs
- potato salad
- tempura vegetables

Does your child eat at least 3 servings a day?

YES NO

FRUITS

2 SERVINGS A DAY

1 serving = 1 medium fruit, 1/2 cup fruit, 3/4 cup of 100% juice

- apple
- apricots
- banana
- berries
- cantaloupe
- dried fruit
- fruit cocktail
- grapefruit
- grapes
- kiwi
- mango
- orange
- other melon
- papaya
- peach, nectarine
- pear
- pineapple
- plum
- tangerine
- watermelon
- fruit juice (100%)
- raisins

Does your child eat at least 2 servings a day?

YES NO

BREADS, CEREALS, & GRAINS

6 SERVINGS A DAY

1 serving = 1 slice of bread, 1/2 cup oatmeal, rice or pasta, 2-3 graham crackers

- bagel
- dry cereal
- English muffin
- enriched white bread
- graham crackers
- grits
- hamburger bun
- hot cereal
- hot dog bun
- Mexican sweet bread
- oatmeal
- pasta and pasta salad
- pita bread
- raisin bread
- rice
- rice cakes
- roll
- saline crackers
- tortillas
- whole grain bread
- whole grain cereal
- whole wheat crackers
- biscuits
- corn bread
- French toast
- granola
- muffins
- pancake
- pizza crust
- polenta
- ramen noodles
- sugar-coated cereal
- waffle

Does your child eat at least 6 servings a day?

YES NO

EXTRAS

- bacon
- barbecue sauce
- butter, margarine
- cake
- catsup
- chips
- chocolate candy
- cookies
- cream cheese
- cream sauce
- donut
- frozen pops
- fruit drinks, punch
- gelatin dessert
- granola bar
- gravy
- hard candy
- honey
- jam, jelly
- mayonnaise
- mustard
- pastry, pie
- pickle relish
- pickles
- salad dressing
- soft drinks
- sour cream
- soy sauce
- sugar
- syrup
- taco sauce
- toaster pastry
- whipped cream

COMBINATION FOODS

Many foods your child eats include foods from more than one food group.

Spaghetti = **meats** + **vegetable sauce** + **cheese** + **grain meat**



Sample Menu

Mimis Cafe Kids menu

FOR OUR SPECIAL GUESTS 12 AND UNDER!

BREAKFAST

- Mini Mouse Pancakes 3.99
- Scrambled Eggs and Bacon 4.29
- Chocolate Chip Pancakes 4.29

LUNCH AND DINNER

Served after 11am
ALL Mimis Kids Meals include entrée, drink,
Mimis Oreo Dirt Cup and your choice of one side dish:
•Zero Grams Trans Fat Fries •Apple Sauce •Sliced Apples
•Fresh Vegetables •Mashed Potatoes •Fresh Fruit

DELICIOUS...

- Chicken Fingers 4.59
- Mini Burger 4.59
- Mini Corn Dogs 4.59
- Kraft Macaroni and Cheese 4.29
- Grilled Cheese 4.29
- Pepperoni Pizzodillas 4.59
- PBJ Soldiers 4.29

AND NUTRITIOUS!

- Turkey Dinner 4.59
- Spaghetti (plain, buttered or with marinara sauce) 4.29
- Soup and Salad 4.29

DRINKS

- Coke •Diet Coke
- Sprite •Root Beer
- Fresh Lemonade
- Orange Juice
- Whole, 2% or Non-Fat Milk
- Apple Juice
- Chocolate Milk
- HI-C Fruit Punch

