

Raising a Healthy Eater

Parents Teach Good Nutrition!

What to do:

- Introduce one new solid food at a time and 3 days before adding new foods.
- Set a good example by eating fruits, vegetables, and whole grains.

Do Not

- Force a child to clean his plate.
- Use food as a reward or punishment.
- Serve foods high in sugar, salt or fat often.
- Offer adult size food portions.

Remember:

- Children need healthy foods for healthy growth.
- Children develop healthy eating habits early.

Nutritional Development

Ages 4–6 months

- Introduce infant cereal as a solid mixed in breast milk or formula (not in a bottle).

Ages 6–8 months

- Introduce soft, mashed plain fruits and vegetables.

Ages 9–12 months

- Served chopped, small pieces of tender meats.
- Offer finger foods e.g. crackers or plain cereal.
- Avoid whole pieces that can choke: grapes, popcorn, and hot dog rounds.
- Start whole milk at 12 months.

Age 2 years

- Start to offer eggs.
- Change to reduced fat 2% milk.

Age 3 years

- Serve peanuts, nuts and fish, but be careful the child could be allergic.
- Change to low-fat 1% milk

Age 4 and 5 years

- Serve healthy foods and allow child to choose what and how much they eat.
- Feed child 3 meals and 2 to 3 snacks daily.
- Provide meals and snacks on a regular schedule.
- Offer a variety of foods.