

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS

Ideas For Eating Better For Less

Feeding Young Children

Feeding young children is not difficult. The following are suggestions on how you can encourage young children to have healthy eating habits.

BE PATIENT. Young children are not always interested in trying new foods. Offer new foods in small amounts. It may take offering the food several times before a child wants to eat it. **DO NOT FORCE YOUR CHILD TO EAT.** Do not offer food as bribes or rewards.

PLAN. Plan your meals ahead.

Breakfast and lunch - Offer food from 3 or more of the five food groups.

Example – Breakfast; milk, cereal and juice.

Main meal – Offer food from 4 or more of the five food groups. Example – milk, rice, broccoli, ham, and applesauce.

Snacks - Plan for your child to have two snacks each day and not served close to mealtimes. Offer food from 2 or more of the five major food groups.

Example – apple juice and graham crackers

BE A GOOD ROLE MODEL.

Eat with your child, try new foods and be active. Play with your children.

Orange Smoothie (6 servings)

1 1/2 cups milk

1 can (6 oz.) frozen orange juice concentrate, softened

1 1/2 cups water

1 1/2 tsp. vanilla, optional

1. Pour the milk in a large bowl.
2. Add the other ingredients.
3. Using a hand beater, mix well until the mixture is foamy. Serve at once.



NUTRITION FACTS (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 0 ~ sodium 35 mg ~ total carbohydrate 17 g

Tips On Feeding Young Children

- A child will be interested in eating healthful food when you let them help plan and prepare meals. Choose easy and safe activities for your child when helping in the kitchen.
- Have your child take a few minutes of quiet time before asking them to sit down at mealtime.
- A child's appetite changes from day-to-day depending on the how they are growing and how active your child is that day.
- **Foods that cause the most choking in children under the age of three or four:** nuts, seeds, popcorn, hot dogs, whole grapes, hard candy, raw carrots, cough drops, chips, chewing gum, peanut butter, marshmallows, pretzels, raisins, cherries with pits, chunks of meat and raw celery. Some of these foods can be offered if they are prepared properly, for example, spread peanut butter thin, cut grapes in small pieces and cut hot dogs in lengthwise strips. Always stay with your child while they are eating.

Banana Peanut Butter Sandwich Serves 2

2 Tbsp. peanut butter
4 slices whole-wheat bread
1 small banana, firm, peeled, sliced

1. Spread peanut butter thinly on 2 bread slices.
2. Arrange banana slices over peanut butter.
3. Top with remaining bread.
4. Cut each sandwich into 4 squares.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 11 g ~ calories from fat 90 ~ sodium 370 mg ~ total carbohydrate 41 g ~ fiber 6 g

