



Feeding Young Children



- It is important to include all food groups in your child's diet everyday.
- Children should drink a variety of liquids each day. Choose milk and water most often.
- Young children need 2 cups of milk each day.
- Children need to eat often because their stomachs are small. Healthful snacks are an important part of their diet.
- Having your children help with food preparation will encourage them to try new foods.
- Dieting is not recommended for children because their bodies are still growing and developing. Encourage healthy eating and physical activity for your children. Consult your health-care provider if you are concerned about your child's weight.
- Sit with your children when they are eating.

Mini-goals

1. _____

2. _____

3. _____



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