



How to Feed Your Growing Child

Ages 2 to 5

For more information on feeding your child,
contact HealthlinkBC.
Dial 811 and ask to speak to a Registered Dietitian
or email a Dietitian by going to
[www.healthlinkbc.ca/healthyeating/
emaildietitian.html](http://www.healthlinkbc.ca/healthyeating/emaildietitian.html)

For information on health related topics go to
www.healthyfamiliesbc.ca



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by/par health **nexus** santé



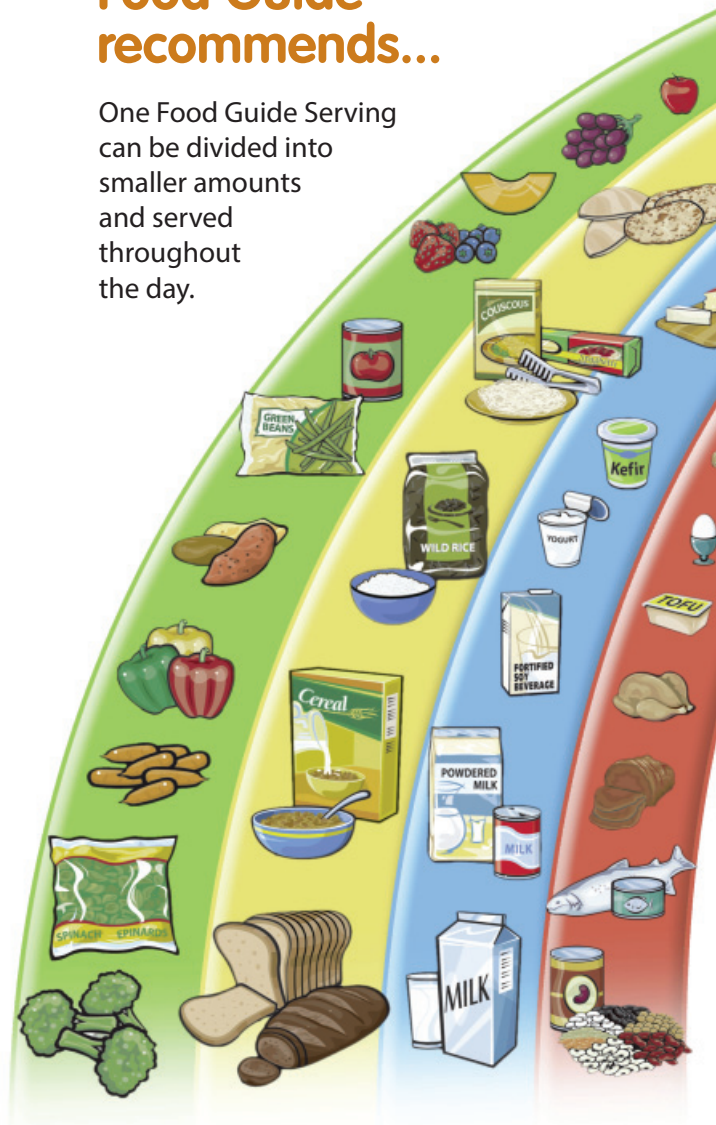
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Adapted from: How to Feed Your Growing Child
Catalogue No. HED.415 August 2002
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Catalogue #264630 (February 2015) English
To order: <https://patienteduc.fraserhealth.ca>

Canada's Food Guide recommends...

One Food Guide Serving can be divided into smaller amounts and served throughout the day.



**Vegetables
and Fruit**

**Grain
Products**

**Milk and
Alternatives**

**Meat and
Alternatives**

Be careful with foods that can cause choking

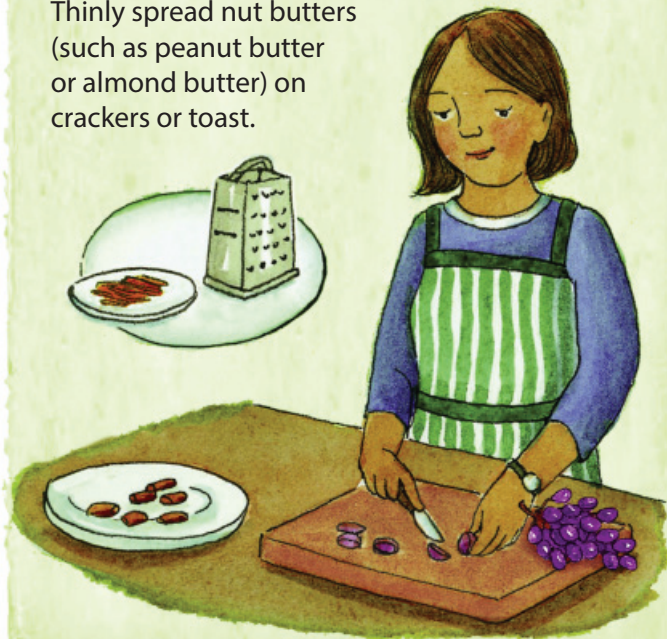


Always watch children when they eat. Any food can cause choking.

Some choking hazard foods include:

- Raisins
- Popcorn
- Hard round candies
- Whole nuts and seeds
- Hotdogs

Hard vegetables and fruit like carrots and apples should be grated, chopped, mashed, sliced or cubed. Cut grapes in half and finely chop celery or pineapple. Thinly spread nut butters (such as peanut butter or almond butter) on crackers or toast.



Children ages 2 and 3

4 Food Guide Servings
of Vegetables and Fruit

3 Food Guide Servings
of Grain Products

2 Food Guide Servings
of Milk and Alternatives

1 Food Guide Servings
of Meat and Alternatives

Children ages 4 and 5

5 Food Guide Servings
of Vegetables and Fruit

4 Food Guide Servings
of Grain Products

2 Food Guide Servings
of Milk and Alternatives

1 Food Guide Servings
of Meat and Alternatives

Give regular meals, snacks and drinks

Routine is very important. This is an example of meals and the recommended number of servings for young children. Trust that your child can do it.

The day starts here



Good morning

Breakfast:

- Whole grain bread
- Banana
- Scrambled egg
- 2%, 1%, or Skim milk

Good night



Snack:

- Sliced apple
- Sliced cheese



Dinner:

- Roasted chicken
- Brown rice
- Green beans
- Fresh fruit (berries)
- Milk



It is best to give your child water when they are thirsty. Children also need a total of 500 mL (2 cups) of milk or fortified soy beverage every day. Your child does not need juice. If you decide to offer juice, it should be limited to 125 mL (1/2 cup) per day.

Offer foods from the 4 food groups



Serve a variety of healthy foods. Meals should include foods from 3 or 4 food groups. Snacks should include foods from 2 food groups.

Keep offering new foods



Some children want to eat the same foods every day. This is okay.

You may need to offer a new food many times before your child will try it.

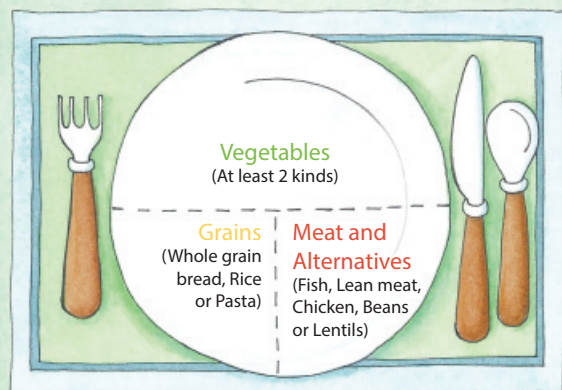
Be a good role model

When you eat well, your child will too.



Sample dinner plate

This is what a healthy adult meal could look like. Children typically eat 1/4 to 1/2 of an adult portion. Listen to your child. They can tell you if they are hungry or full.



Milk and Alternatives



Fruit

inks

and snacks for one day. It follows Canada's Food Guide for Children (see page 1). Children typically have 3 small meals a day and decide how much to eat and whether to eat.



- Snack:
- Fresh fruit
 - Whole grain crackers
 - Water



- Lunch:
- Whole grain pasta
 - with tomato and meat pasta sauce
 - Cucumber slices
 - Milk

Children aged 1 to 4 years should get 3 hours of physical activity throughout the day. By age 5, children should get at least 1 hour of energetic play daily. Try crawling, walking, running, dancing, hopping, jumping, skipping and bike riding.



Naptime or quiet time



- Snack:
- Bagel
 - Carrot sticks
 - Milk

How much to eat?

Sometimes children are very hungry or not hungry at all. This is normal.



Your job is to decide what, when and where to offer food.

Your child's job is to decide if they want to eat and how much to eat.

Prepare and eat meals together



Let your child help. Children can help measure, add and stir ingredients together. They can also slice soft foods, crack eggs, tear lettuce and peel bananas.

