

A CHILD'S APPETITE



A child's changing appetite can make it difficult to know how to feed him. Here are ideas that might help!

WHAT CAN I DO:

Your job as a parent is to offer a variety of healthy foods at regular meals and snacks. Your child's job is to decide what to eat and how much to eat.

- Plan to serve 3 meals and 2-3 snacks a day. If your child does not eat well at a meal or snack, you know he will get another opportunity to eat again soon.
- Eat together as a family. Be a good role model and eat a variety of foods.



- Make mealtime pleasant. Eating is more enjoyable in a happy, relaxed setting.
- Let him eat how he wants – fast or slow, fingers or utensils.
- Allow your toddler to self-serve or give him small servings. Large portions can be overwhelming to a child.
- As a general rule, serve one tablespoon of food from each food group for each year of age. Your child can ask for more if he is still hungry.
- Limit foods like chips, cookies, candy and pop. These foods quickly fill up small tummies!



SAMPLE SCHEDULE:

- 7:00 am breakfast
- 10:00 am snack
- 12:30 pm lunch
- 3:30 pm snack
- 6:30 pm supper
- 8:00 pm snack

➤ MEAL TIPS ◀

- Do not try to make your child eat. Force feeding a food can upset his stomach and create a stressful mealtime. It can also make him dislike the food.
- Avoid distractions. Turn off the television and all other electronic devices during mealtime. Put the toys away.

BEVERAGE CHOICES:

Be mindful of your child's beverages! The more beverages your toddler drinks, the less he will want to eat.

- Milk: Say goodbye to the bottle! Kids can drink too much milk when they use a bottle. By the time your child is 1 year old, he should drink milk from a cup.
 - It is recommended that toddlers get 2 cups of milk (16 ounces) a day. Any more can decrease your child's appetite for other healthy foods.
- Juice: If you give 100% fruit juice, limit intake to 4 ounces per day. Instead of juice, offer fresh fruit, it has less sugar and more fiber.

TIP:

Offer only water between snacks and meals to keep your child from filling up on juice and milk.

