

Healthy Eating For Children



Children and adults are partners in healthy eating

✓ The child's role

- The child decides if they want to eat, and how much.
- Some days a child will eat a lot. Other days they will eat very little. This is normal.
- Trust your child's hunger. If you are worried, talk to your nurse or doctor.

✓ The adult's role

- Adults decide what, when and where to offer food.
- Keep a routine.
- Eat with friends or family; turn off the T.V. and computer.
- Leave time between meals and snacks so children get hungry.
- Do NOT give babies or young children fruit drinks, fruit cocktail, slush, pop or tea.
- Watch children when they eat. They can easily choke. Do NOT give them anything small, round, hard, or sticky (such as candy or wieners).



✓ Healthy eating tips for babies

Birth to 6 months

- Babies only need breast milk (or iron fortified infant formula) and vitamin D drops.



At 6 months

- Start to offer water in an open cup.
- Give iron-rich solid foods every day.
- Country food meats, cooked store-bought meats, eggs and baby cereal are good choices.

At 1 year

- Offer breast milk or whole milk. They do not need formula.
- Offer water if they are thirsty.
- Offer the same foods as the rest of the family.

✓ Healthy eating tips for foods for children over 1 year



- Make water your child's main drink.
- Offer whole fruit instead of juice.



- Cook meals at home.
- Offer three meals a day with at least 3 or 4 food groups in each meal.
- Offer two to three snacks a day with 2 to 3 food groups in each.
- Limit unhealthy foods like soya sauce, chips, donuts, sweet drinks and chocolate.



Offer new foods regularly and often. Children may not try it right away, but don't give up.

Meal ideas



Breakfast

Oatmeal made with milk and added banana



Mash the banana



Lunch

Roast beef sandwich made on 100% whole wheat bread, water



Use soft bread and cut sandwich into smaller pieces



Snack

Applesauce, oatmeal cookie, milk



Break-up hard cookies into the applesauce to soften



Supper

Spaghetti and meat sauce with cooked vegetables on the side, water



Cut the noodles and break-up bigger pieces of meat



Snack

Yogurt with whole grain cereal, water



Let the cereal soften



