



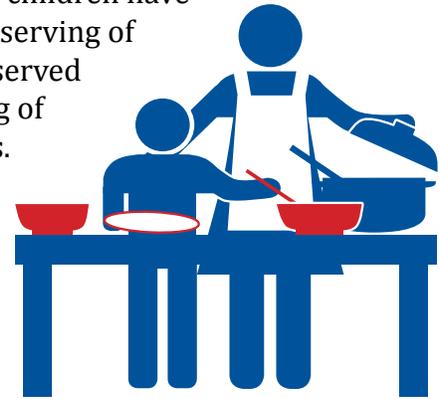
Tips for Healthy Eating

This information supports the following Healthy Beginnings 2-5 guidelines:

- Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives) in meals served while in childcare.
- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.
- Have water available at all times and use to quench thirst.

Young children often have small appetites, which can sometimes make meal time a challenge. Check out these ideas on how to encourage kids to eat healthy:

- **Offer small amounts of food throughout the day.** Young children have small stomachs that tend to fill up quickly. One food guide serving of a food group can be divided up into smaller amounts and served throughout the day. For example, half a Food Guide Serving of meat and alternatives can be served at two different meals.
- **Let kids choose amounts for themselves.** Although you are responsible for picking which foods are served throughout the day, let preschoolers' hunger and fullness cues guide you.
- **Offer meals and snacks at the same times each day.**
- **Satisfy thirst with water.** Encourage preschoolers to drink water to quench their thirst.



- **Offer vegetables and fruit.** Whole vegetables and fruit are high in vitamins, minerals and fibre.
 - **Offer nutritious foods.** Offer a variety of nutritious foods, including some choices that contain good sources of fat, such as polyunsaturated and monounsaturated fat. Almonds, peanuts, olives, avocados and most fish are good examples of these types of fat.
 - **Limit foods high in calories, fat, sugar, and salt (sodium),** such as cookies, chips, and juices.
 - **Be a good role model.** Preschoolers will be more likely to enjoy a variety of foods and try new foods if you do.
- **Offer new foods often.** Kids will be kids! If they reject an unfamiliar food the first time, offer it again later. Children may warm up slowly to unfamiliar foods and may have to be presented with a food 15 to 20 times - in many meals - before they learn to like it (Ellyn Satter, 2013).

Adapted from Health Canada, *Healthy Canadians* available at <http://www.healthycanadians.gc.ca/>