



# RAISING A HEALTHY EATER

ages one to five years old



## Meals And Snacks Are Important

- Offer three meals and two snacks each day
- Leave two and a half to three hours between meals and snacks
- Offer only water between meals and snacks to help encourage a good appetite

## Tips For Building Healthy Eating Habits

### You Decide

- ◆ Where to eat – seated at a table for meals and snacks
- ◆ When to eat – keep to a meal and snack routine, avoid extra snacking
- ◆ What to offer – keep your child's likes in mind, but do not cater to them

### Trust Your Child To Decide

- ◆ Which foods to eat – from what you offer
- ◆ How much to eat – they will eat the right amount for their growth and activity needs



## Meal Plan Using Canada's Food Guide

- ✓ Use the Food Guide plate to plan meals and snacks
- ✓ Include a vegetable or fruit (or both) at meals and snacks and choose ones with different textures, colours and shapes
- ✓ Flavour food with herbs and spices instead of salt and sugar
- ✓ Offer small portions of easy to chew foods
- ✓ Rice rusks or food puffs are not part of Canada's Food Guide



Children come in different shapes, sizes and grow at different rates. A child's growth depends on genetics (how their parents grew). Your child may be taller or shorter, bigger or smaller than other children. Height and weight changes generally follow a regular pattern that is right for your child. If you think your child is growing too fast or slow, talk to your child's health care provider.

## Iron Is Important For Growth & Development

Offer iron-rich foods two to three times a day

### Iron-rich foods include

- Legumes (kidney beans, lentils, chickpeas)
- Soy products (tofu, edamame)
- Eggs
- Beef, dark meat chicken, turkey, pork, fish
- Iron-fortified cereals

### Vitamin C rich fruits and vegetables help absorb iron

- Citrus fruits (oranges, grapefruits)
- Strawberries
- Kiwi
- Broccoli
- Sweet bell peppers
- Brussels sprouts

More than three cups (24 ounces or 750ml) of milk per day can cause iron levels to go down



## Drinks Matter

### Milk

- Continue to breastfeed for as long as you and your child want
  - If breastfeeding, give a vitamin D supplement of 400 IU daily until two years old
- If your child's milk is not breastmilk, offer 3.25% M.F. cow's milk – at two years switch to 1% or 2% M.F.

### Water and other beverages

- Offer water when your child is thirsty
- It is best to avoid juices and other beverages



## Connect with a public health nurse at Niagara Parents



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### Live Chat



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