

Make Every Bite Count!

Children need 3 meals and 2-3 healthy snacks every day.

- Include foods from 3-4 food groups at meals
- Include foods from 2 or more food groups at snacks

Children eat best when they are allowed to **decide what and how much** to eat from the healthy choices you offer.

- Let them follow their feelings of hunger and fullness
- Trust that they will eat what they need

Every day, offer your child:

- Dark green vegetables and orange vegetables and fruit
- Whole grain breads, rice, pasta and other grains
- Two cups of milk to meet vitamin D needs
- Protein-rich food at meals and snacks: lean meats, fish, eggs, beans, tofu
- Offer water to quench thirst

Avoid serving foods that offer little or no nutritional value such as cookies, chips, candy, cakes, granola bars, and sweetened beverages. They are often high in sugar, salt and unhealthy fats.

Enjoy meals together as a family. Your children will learn to make smart food choices that will last a lifetime!

Here is a Sample Menu

Breakfast

whole grain cereal with milk, orange wedges, milk

Snack

carrots and broccoli with yogurt dip and homemade pita crisps, water

Lunch

salmon sandwich with red peppers & cucumber slices, peaches, milk

Snack

pear slices and a whole wheat muffin, water

Supper

spaghetti with tomato & meat sauce, salad, applesauce, milk

Snack

Grapes and whole grain crackers, milk



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