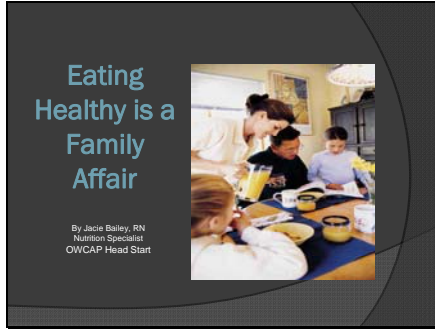


Slide 1



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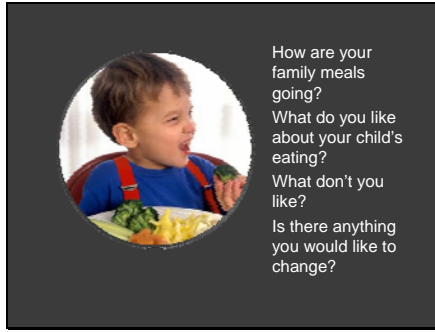
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Slide 2



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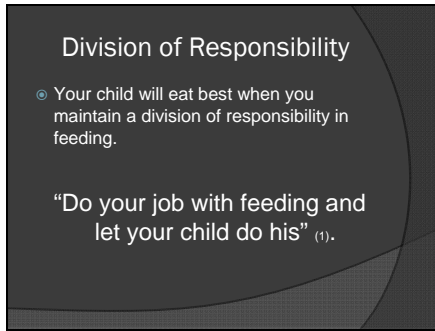
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Slide 3



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Slide 4

Parent's Responsibility

- Serve 3 meals and 2-3 snacks
- Choose the food
- Put it on the table
- Don't ask what he wants to eat
- Sit and eat your own food with child
- Encourage him to serve his own food and eat his way: fast or slow, little or much

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Slide 5

Child's Responsibility

- Decide what and how much to eat from what is served
- Chooses to eat or not to eat
- Taste all foods prepared
- Stay at the table with family while eating

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Slide 6

- Avoid force feeding your child
  - does not teach healthy eating habits
  - teaches child to hate mealtimes
- Relax!
  - Most children will eat when hungry

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Slide 7

Serving sizes  
3-5year olds

- 2-3 tablespoons
- Don't make child eat what they take
- Let him have more of any food he wants

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Slide 8

What is a healthy Diet?

- Eat a variety of foods
- Choose a diet with whole wheat breads, cereal, tortillas, pasta, and brown rice
- Colorful fruits and vegetables
- Eat lean meats, high fiber beans, low fat dairy products and nuts and seeds
- Cut back on processed foods and sweets

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Slide 9



If you need to make some changes.....don't be overwhelmed!  
Choose 1 goal to work on at a time  
Get your whole family involved  
Remember, good health starts with you

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Slide 10

Resources

- Satter, E. (2003). Feeding in Primary Care: Pregnancy through preschool. Madison, WI: Author

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