

Offer foods from the 4 food groups



Serve a variety of healthy foods. Meals should include foods from 3 or 4 food groups. Snacks should include foods from 2 food groups.

Keep offering new foods



Some children want to eat the same foods every day. This is okay. You may need to offer a new food many times before your child will try it.



For more information on feeding your child and other related health topics, contact your local public health department or community health centre

or
 EatRight Ontario at:
 1-877-510-510-2
www.Ontario.ca/EatRight



Adapted from Vancouver Coastal Health, British Columbia
 January 2009

How to Feed Your Growing Child

Ages 2 to 5



Canada's Food Guide recommends...



Children ages 2 and 3

- 4 Food Guide Servings of Vegetables and Fruit ●●●●
- 3 Food Guide Servings of Grain Products ●●●
- 2 Food Guide Servings of Milk and Alternatives ●●
- 1 Food Guide Servings of Meat and Alternatives ●

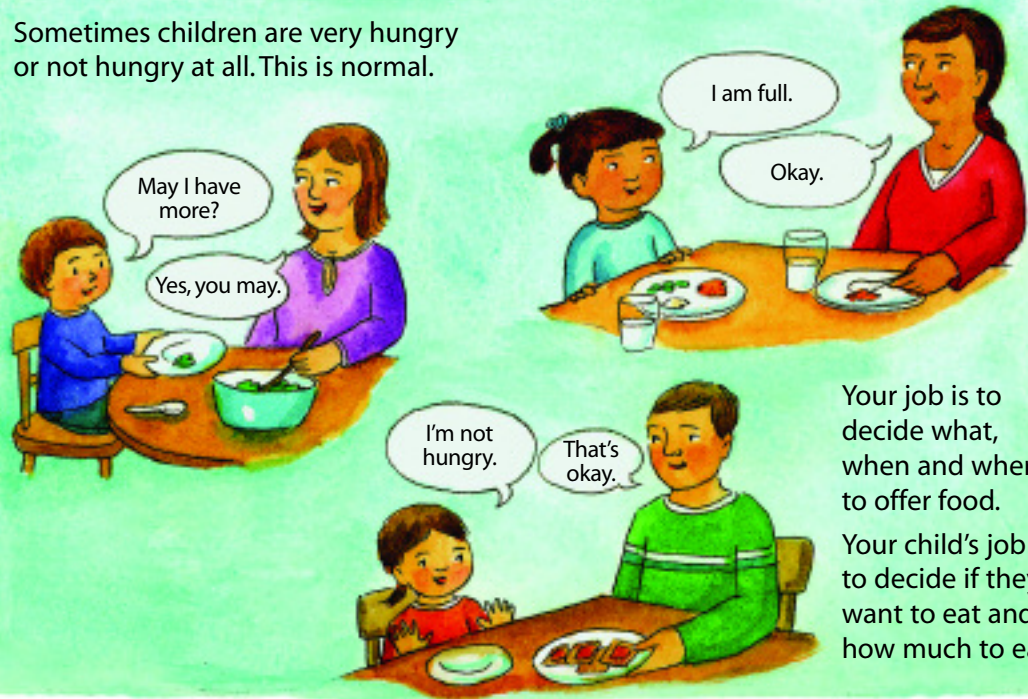
Children ages 4 and 5

- 5 Food Guide Servings of Vegetables and Fruit ●●●●●
- 4 Food Guide Servings of Grain Products ●●●●
- 2 Food Guide Servings of Milk and Alternatives ●●
- 1 Food Guide Servings of Meat and Alternatives ●

One Food Guide Serving can be divided into smaller amounts and served throughout the day.

How much to eat?

Sometimes children are very hungry or not hungry at all. This is normal.



Your job is to decide what, when and where to offer food.
Your child's job is to decide if they want to eat and how much to eat.

Prepare and eat meals together



Let your child help.

Eat meals together.

Give regular meals, snacks and drinks

Routine is very important. This is an example of meals and snacks for one day. It follows Canada's Food Guide and the recommended number of servings for young children (see Food Guide).



Be a good role model

When you eat well, your child will too.



Be careful with foods that can cause choking



Always watch children when they eat. Any food can cause choking.
Do not offer popcorn, raisins and hard round candies.

Hard vegetables such as carrots should be grated or cut into narrow strips.



Cut grapes in half.
Cut hot dogs and sausages into long strips and then bite-size pieces.

