



3 years old

Physician Counseling Notes

Food for Thought

- Do you eat together as a family?
- What is your child eating and drinking?
- Does your child use a spoon and fork?
- How many meals and snacks per day does your child eat?
- How much TV does your child watch per day?
- What play activities does your child enjoy?
- Does the family play together?

Feeding Advice

- Your child's appetite will change from day to day, continue to have three planned family meals and two healthy snacks – if they don't eat at one meal, they will at the next.
 - Serve low-fat (1%) or fat-free (skim) milk at all meals.
 - Serve whole grains (oatmeal, unsweetened dry cereal, whole wheat bread).
 - Serve at least 5 vegetables and fruits per day.
 - Serve small portions and let your child ask for more.
 - Request information on serving sizes.
 - Serve the same food the rest of the family is eating.
- Establish good habits early when eating away from home.
 - Avoid eating in the car.
 - If your child is in day care or staying with relatives, make sure you know what they're eating and drinking when you are away – stay consistent with healthy eating plans.

- Restaurants – split meals between children or share yours; order milk with the meal; don't let them fill up on pre-meal foods such as bread and crackers.
- When you do serve dessert, try healthier options such as fruit or yogurt.
- **Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish and eggs).**
- Don't force your child to eat or to clean their plate.
- **Sit down and eat together as a family.**

Be Active

- Encourage daily play that includes the entire family.
- Your child should be jumping, running, climbing and may be ready to ride a tricycle.
- Limit screen time (TV, computer, electronic games)—no more than 1-2 hours per day and help your child choose what to watch.
- No TV or computer in your child's bedroom.

Notes

