



4 years old

Physician Counseling Notes

Food for Thought

- *What foods does your child like?*
- *What vegetables does your child like?*
- *How many meals and snacks per day does your child eat?*
- *What kind of snacks are your child's favorite?*
- *What activities does your child enjoy?*
- *How much time does your child spend with TV, a computer and video games each day?*

Feeding Advice

- **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).**
- Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from.
- Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole grain unsweetened cereal and crackers. Serve snacks 1-2 hours before meals.
- Serve the same food the rest of the family is eating. Don't fix your child separate food.
- Think your drink – make it milk at meals and water or 100% fruit juice in between. Limit 100% fruit juice intake to 4-6 oz. per day.
- Keep portion sizes small and continue to use child-size plates, cups and silverware.
- Request information on serving sizes.
- Don't force your child to eat or to clean their plate.
- Sleep and appetite go together. Be sure to allow your child plenty of sleep.
- **Sit down and eat together as a family.**

Be Active

- Encourage one hour of active play each day; make physical activity a family routine. Try bike riding, skipping, dancing, jumping and running.
- Enjoy throwing and catching balls with your child.
- Play hopscotch with your child.
- 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

