



# 5 years old

## Physician Counseling Notes

### Food for Thought

- *What does your child eat for breakfast?*
- *What is your child's favorite lunch?*
- *What is your child's favorite snack?*
- *Does your child drink milk?*
- *What does your child eat after school?*
- *What games does your child like to play?*
- *How much time does your child spend with TV, a computer and video games each day?*

### Feeding Advice

- Make sure your child eats a healthy breakfast every day – children who eat breakfast do better in school. Breakfast gives their bodies and brains the energy they need to learn and play. Remember, breakfast-eating parents have breakfast-eating kids!
- Serve milk, fruits and vegetables every day. Your child needs milk at every meal – make sure it's low-fat (1%) or fat-free (skim).
- Aim for 1 1/2 cups of vegetables and 1 to 1 1/2 cups of fruit every day; include a wide variety of colors and textures.
- Offer 3-4 ounces of lean meat/protein each day.
- Make sure you stock your kitchen and refrigerator with healthy after-school snacks. To quench thirst have water, milk and 100% fruit juice available (limit fruit juice to 4-6 oz. per day).
- Serve small portions and let them ask for more.
- Request information on serving sizes.
- Work with your child and plan ahead for meals at school. School lunch and breakfast

are healthy and nutritious options when eating at school. When brown-bagging, be sure to pack the lunch with your child and include at least four out of the five food groups.

- **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.
- Don't force your child to eat or to clean their plate.
- **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

