

eleventh visit...

4 years

Food for Thought

- What foods does your child like?*
- What vegetables are most enjoyed?*
- 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, computer and video games each day?*

Feeding Advice

- Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole grain unsweetened cereal and crackers.
- 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./day.**
- Keep portion sizes small and continue to use child-size plates, cups & silverware.
- Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from. And don't let them snack right before meals.



Be Active

- Encourage 1 hour of active play each day – throwing, catching, bike riding, skipping, dancing, jumping, running – make physical activity a family routine!
- Enjoy throwing and catching balls with your child.
- Your child may try to hop on one foot!
- Limit screen time (TV, computer, electronic games) to less than 2 hours per day.

Notes:

Child's name _____

Height _____ Weight _____ Date _____

BMI _____ percentile _____ %