

ninth visit...

24 months

Food for Thought

What kind and how much milk does your child drink?

What else does your child drink?

Which foods does your child like?

What kind of snacks do you offer?

Do you offer food as a reward?

What activities do you and your child enjoy?

Feeding Advice

- Meals should include a wide variety of healthy foods from all five food groups.
 - Milk – transition from whole milk to 2 percent and include milk at every meal.
 - Portion sizes at home and away should be around 2 T per food offered or 1/4 of an adult serving.
 - Use toddler size plates, cups & silverware.
 - Give your child a variety of textures, flavors and colors – don't give them just the foods you like.
- Food “jags” (when your child wants to eat the same food over & over again) and fluctuating appetites are normal. You shouldn't force your child to eat or get into fights with your child about food. Continue to provide 3 scheduled meals and 2 planned snacks per day – if they don't eat at one sitting they will at the next.
- Your main job is to be sure that your child is served a *variety* of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs) and your child's job is to decide how much to eat. Don't force your child to eat.



Be Active

- Encourage daily play – marching, climbing, jumping, dancing and going outside – be sure to join in the FUN with your child!
- Plan screen time (TV, computer, electronic games) – no more than 2 hours/day.

Notes:

Child's name _____

Height _____ Weight _____

Date _____

BMI _____ percentile _____ %