

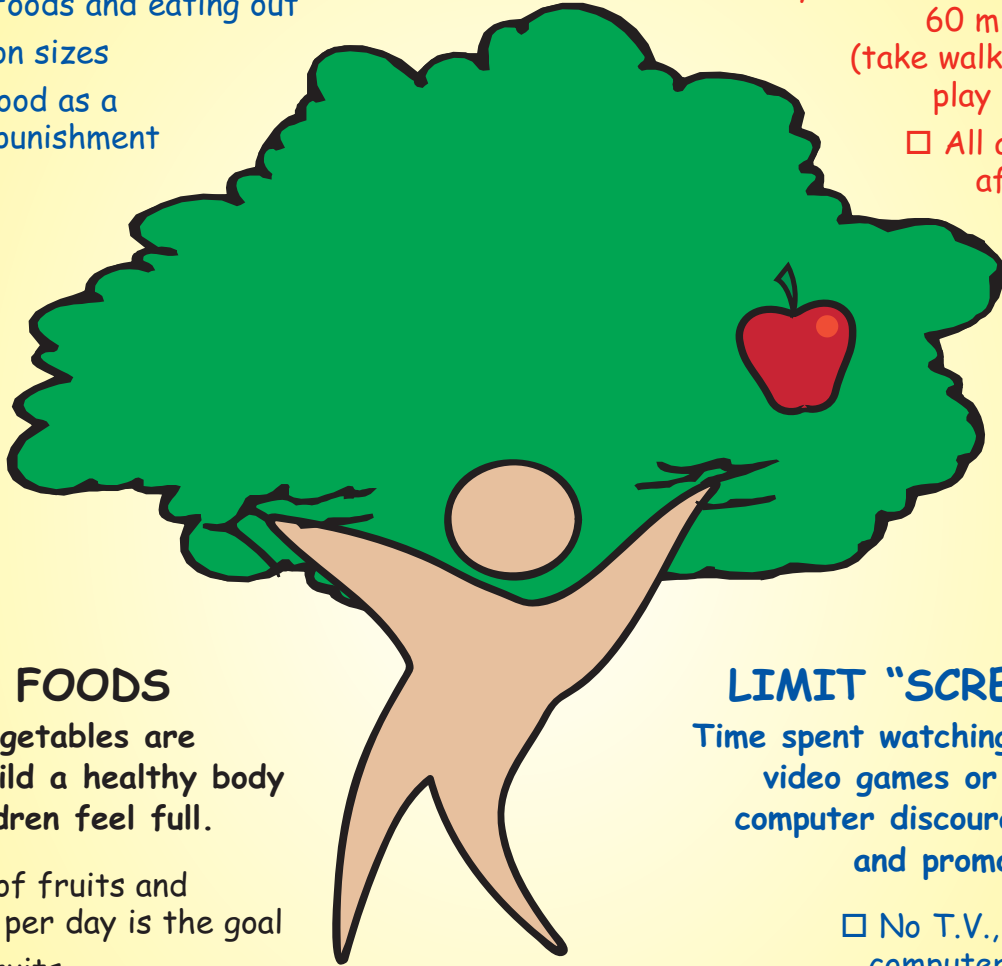
GROWING STRONG & HEALTHY

One Year to Five Years Old

UNDERSTANDING THE ROLE OF FOOD

Parents offer - Kids choose. Keep trying new foods. It may take many times to like a new food.

- Limit fast foods and eating out
- Limit portion sizes
- Don't use food as a reward or punishment



HEALTHY FOODS

Fruits and vegetables are needed to build a healthy body and help children feel full.

- 5 servings of fruits and vegetables per day is the goal
- Increase fruits
- Increase vegetables

LIMIT SWEET DRINKS

Sweet drinks (pop and juice) are high in calories and have little nutritional value.

- Limit juice to 1/2 cup per day
- Avoid soda pop
- Drink more water and 4 servings of low fat milk per day

INCREASE ACTIVITY

Children need to move to develop their muscles and stay fit.

- 1-3 years old - Be active at least 30 minutes each day
- 4-5 years old - Be active at least 60 minutes each day (take walks, swing, dance, play outdoor games)
- All ages get moving after 60 minutes of quiet time

LIMIT "SCREEN TIME"

Time spent watching T.V., playing video games or playing on the computer discourages movement and promotes inactivity.

- No T.V., video games or computer in child's room
- No more than 1-2 hours of T.V. per day

Now is the best time to teach your child good habits that will last a lifetime.