



Healthful Ideas for Parents of Preschoolers (2-5 years old)

Serve Small Portions

Let your preschooler decide how much food to eat.

Encourage them to stop eating when they feel full.

- Children should eat a variety of foods, just like adults, but smaller portions.
- Have your child use small plates and bowls with child-size utensils.
- Teach your child to serve them self, with your assistance, especially if the food is hot.
- Teach children to take small portions. Tell them they can have more if they are still hungry.
- DO NOT insist that your child finish all the food on their plate.



Egg Salad Makes 6 sandwiches
6 hard cooked eggs, finely chopped
1/3 cup sweet pickle relish
2 Tablespoons low fat mayonnaise
1 Tablespoon prepared mustard
Salt & pepper, to taste

1. Combine all ingredients.
2. Mix well and chill.
3. Spread on bread for sandwiches or whole-grain crackers. Store leftovers in refrigerator.

