



Enough to Eat, without Overfeeding



- A child’s appetite changes day-by-day depending on how they are growing and how active they are.
- Let your child’s appetitive guide how much food is enough.
- MyPyramid suggests the following amounts for children 2 to 6 years of age:

Grain Group	3 - 5 ounces daily (choose “whole grains” often) 1 ounce is about 1 slice of bread, 1 cup breakfast cereal, 1/2 cup cooked rice, pasta, or cereal
Vegetable Group	1 - 1 1/2 cups daily
Fruit Group	1 - 1 1/2 cups daily Limit juice to 1/2 – 3/4 cup/day
Milk Group	2 cups daily
Meat and Bean Group	2 - 4 ounces daily

- Serve toddlers and preschoolers small helpings – smaller than yours. Children’s stomachs aren’t big enough for large portions, and they don’t need as much as you do. Let your child ask for more.
- If your child always leaves food on his or her plate, you may be offering too much food. Offer smaller portions. Do not force a child to eat.
- Younger children may need to eat five or six times a day because their small stomachs don’t hold much. Plan food-group snacks between meals.
- As a guide, some experts advise to start by offering one tablespoon of food for every year in age. **Example for 2 year old child:** 2 tablespoons of chopped chicken + 2 tablespoons rice + 2 tablespoons peas + 2 tablespoons applesauce.

Remember - Be a good role model for healthful eating and active living. Encourage the entire family to eat a variety of foods daily.



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