



FOOD FOR THOUGHT

YOUR YOUNG CHILD'S FOOD HABITS

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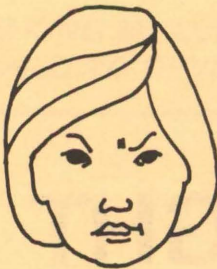
Your child's appetite will normally begin to decrease after the first birthday. This is because she or he isn't growing as fast now.

**TO HELP YOUR CHILD DEVELOP
FOLLOW THESE HINTS TO MAKE**



Let your child learn to feed her or himself. It may be messy at first, so put newspaper under the chair and have a towel ready to wipe up spills.

Plan a rest or quiet time before meals.



Don't fight with a child who refuses to eat. She or he may be tired, excited, or not hungry. Most children will eat when they get hungry.

Offer small servings in child-sized plates and cups.

1/2 cup milk or juice

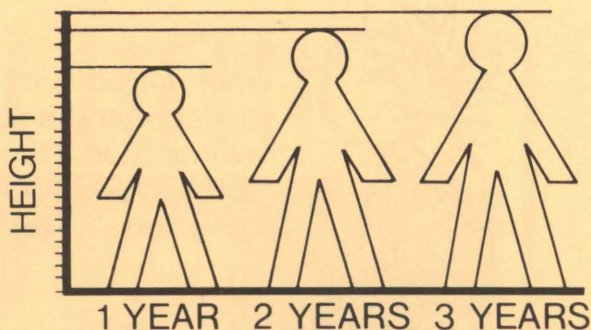
1/2 slice of bread

*2-4 tablespoons of rice,
cereal, or potatoes*

*1-2 ounces of meat, fish, or
poultry*

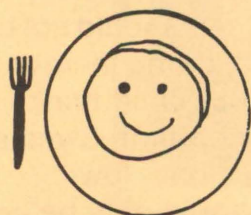
*2-4 tablespoons of vegetables
1/2 apple*

If your child wants more food he or she will ask you.



During the first year, average gains in height are over 3 times those in either the second or third year.

DEVELOP GOOD EATING HABITS, MAKE MEALTIME MORE PLEASANT:



Serve foods that are colorful and in interesting shapes.

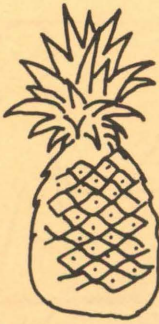
Allow plenty of time for your child to eat a meal. Children eat slowly, so keep mealtime relaxed and calm. An excited child has a hard time eating.



Involving children in the preparation and serving of a meal sometimes increases their interest in eating the meal.

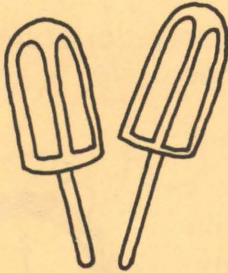
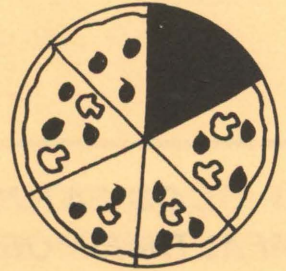
Set a good example. If other people at the table enjoy eating a variety of foods, your child will learn by copying what you do.





When introducing a new food, try serving it at the same meal as a favorite food. Don't force a new food on your child. Would you like a new food forced on you?

Don't be upset if your child goes on an occasional food jag. If you continue to have available a variety of foods your child will soon lose interest in that one food and will return to a variety of foods.



Desserts and sweets should not be used as a reward. Using them as a reward makes your child think they are more important. Sweets and other high-calorie, low-nutrient foods should only be an occasional part of your child's diet.

MAKING MEALTIME ENJOYABLE WILL HELP YOUR CHILD TO DEVELOP GOOD EATING HABITS.

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