

# 3 years old

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## Food for Thought

*Do you eat together as a family?*

*What is your child eating and drinking?*

*Does your child use a spoon and fork?*

*How many meals and snacks per day does your child eat?*

*How much TV does your child watch per day?*

*What play activities does your child enjoy?*

*Does the family play together?*

## Feeding Advice

- Your child's appetite will change from day to day, continue to have 3 planned family meals and 2 healthy snacks – if they don't eat at one meal, they will at the next.
  - Serve lowfat (1%) or fat free (skim) milk at all meals.
  - Serve whole grains (oatmeal, unsweetened dry cereal, whole wheat bread)
  - Serve at least 5 vegetables and fruits per day.
  - Serve small portions and let your child ask for more.
  - Request information on serving sizes.
  - Serve the same food the rest of the family is eating.
- Establish good habits early when eating away from home.
  - Avoid eating in the car.
  - If your child is in day care or staying with relatives, make sure you know what they're eating and drinking when you are away – stay consistent with healthy eating plans.
  - Restaurants – split meals between children or share yours, order milk with the meal; don't let them fill up on pre-meal foods such as bread and crackers.
  - When you do serve dessert, try healthier options such as fruit or yogurt.

- Your main job as a parent 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).
- Don't force your child to eat or to clean their plate.
- Sit down and eat together as a family.

## Be Active

- Encourage daily play that includes the entire family.
- Your child should be jumping, running, climbing and may be ready to ride a tricycle.
- Limit screen time (TV, computer, electronic games) no more than 1-2 hours per day and help your child choose what to watch.
- No TV or computer in your child's bedroom.

## Notes:



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