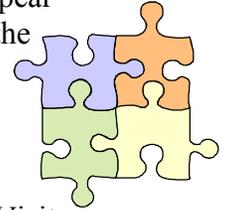


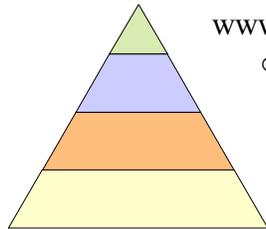
Healthy Eating for Your Four-Year Old

Your four year old is in a whole new league when it comes to getting adequate nutrition. A four year old is in the next tier of nutritional requirements, actually requiring the same amount of vitamins and minerals as an eight year old child. While they may still appear small, their nutritional needs are anything but. Offering a variety of foods remains the key to sound nutrition for your four year old.



The Basics:

At four years of age your child can:



- Eat foods in regular serving sizes according to the food guide pyramid. Visit www.usda.gov/cnpp-KidsPyra-PyrBook.pdf.
 - examples of regular serving sizes include:
 - 1 slice of bread
 - 1 cup of raw vegetables
 - 1 cup of milk
 - 2 ounces of meat
- Continue to drink only skim milk, or low fat soy or rice milk. Four year olds that are of normal weight or are overweight can also eat other lower fat dairy products to create a healthy diet including low-fat and fat free cheeses, yogurt, cottage cheese, cream cheese and ice cream.
- Limit the intake of fruit juice and other sweetened beverages including soda or sweetened teas. The American Academy of Pediatrics recommends limiting such beverages to 4-6 ounces/day. Many kids drink juice when they are at school or daycare, so it is recommended to not have juice in the home.

Getting Started:

- Pay attention to your child's increased needs.
 - Special attention can be given to their calcium intake, now 300 mg higher than last year. The average four-year old needs 800 mg/day, or 3 servings of dairy products each day.
 - Encourage the intake of iron-fortified bread and grain products, meat, poultry and foods high in vitamin C including broccoli, citrus and strawberries.
- Provide adequate calories for your little one without promoting overweight. The average four year old needs 40 calories/pound of body weight each day. That means a 40 pound child would need 1600 calories/day.
- Provide adequate protein for growth
 - Your four year old needs about 1 ounce of protein for every 10 pounds of body weight. This equals 4 ounces of protein food like meat, chicken or cheese for a 40 pound child. Remember 3 ounces of protein looks like a deck of cards.
- Encourage a diet high in fiber (fruits, vegetables, whole grains, and beans) to help with constipation which is common in toddlers.
 - Your four year old needs about 9 grams of fiber per day.
- Encourage daily activity and exercise. It is never too young to teach your children about the importance of moving their bodies.

