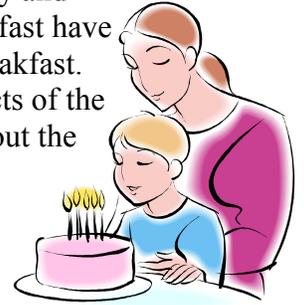


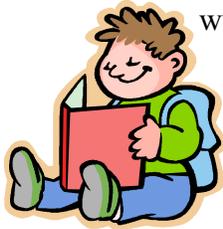
Healthy Eating for Your Five-Year Old

Turning five is your child's first real admission into adult life. Many five year olds will begin to attend full-day school for the first time, as well as begin reading and writing. While none of these issues sound related to their good nutrition, they are. Your child's good nutrition, especially at breakfast, can lay the foundation for a day of energy and learning. Numerous studies have shown that children who eat a balanced breakfast have improved performance in school when compared to children who do not eat breakfast. Furthermore, now that your child can begin to read, teaching them certain aspects of the food label and package can help them to make their own educated decisions about the foods that they eat.



The Basics:

At five 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
- Help pack their lunches for school. Allow them to make selections from several healthful choices. Understanding that most children will choose snack type items versus fresh fruit and vegetables, it is the responsibility of the parent or caregiver to offer healthful options. For example, a parent may say to their 5-year old “Would you like grapes or orange slices with your lunch?”
- Begin to read the food label and look for **key points** of healthy eating. Teach them that foods are made of different ingredients like carbohydrates, protein and fats. They can look for words like “heart healthy”, “baked”, or “helps build strong bones.” Pretty soon, your child will be teaching you about eating healthy.



Getting Started:



- Continue to encourage adequate calcium intake. As kids get older, they are more likely to choose juice and soft drinks. Be sure to offer milk and water to promote both strength and proper hydration.
 - Children that are 5 years of age need roughly 50 ml fluid/pound of body weight. (30 ml = 1 ounce)
- Encourage a diet high in fiber (fruits, vegetables, whole grains, and beans) to help with constipation which is common in children.
 - Your five year old needs about 10 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.

