

## Sample Meal Plan

### Breakfast

½ cup cooked cereal or  
1 oz ready-to-eat cereal  
½ cup milk  
½ banana



### Snack

2-4 whole wheat crackers  
¾ oz cheese  
Water

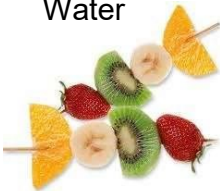
### Lunch

½ tuna sandwich  
½ cup cole slaw  
½ cup fruit  
Water



### Snack

½ cup yogurt  
¼ cup fruit  
Water



### Dinner

⅓ - ½ cup cooked rice, pasta or potato  
2 ounces meat, chicken or fish  
½ cup vegetables  
1 cup milk beverage (hot or cold)

*This meal plan is an example only*

*Snacks should be offered midway  
between meals*

## How to cope with picky eating

Your child's picky eating is temporary. If you don't make it a big deal, it will end before school age. Try the following tips:

- Let your kids be “produce pickers.”**  
Let them pick out fruits and veggies when you shop.
- Let your child help prepare meals.**  
Children get excited about tasting food when they help make meals. Let them scrub veggies, help stir food or add ingredients.
- Offer choices.** Ask “Would you like broccoli or string beans today?” rather than “Do you want broccoli?”
- Offer new foods with familiar foods** and be prepared to offer new foods many times. It may take up to a dozen tries before it's accepted.
- Offer the same foods for everyone.**  
Don't be a “short-order cook” and make a different meal for your child. Your child will be fine even if they miss a meal now and then.

NATIONAL NUTRITION CENTRE  
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Information sources: WHO and USDA ChooseMyPlate

## Mother & Child Nutrition Series



## Pre-School (2-4 Years): Developing Healthy Eating Habits

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## Pre-School (2-4 Years): Developing Healthy Eating Habits

At this age, parents often become concerned about their child's eating habits as children often:

- eat few meats or "food"
- eat slower and are easily distracted
- request lots of "snacks"
- ask for the same food over and over
- eat few vegetables
- are "picky"

### Tips for developing healthy eating habits

- ✓ Start early with family meals and keep mealtimes pleasant.
- ✓ Allow your child to feed themselves from their own dish or plate.
- ✓ Ensure food looks attractive and serve small portions. Allow your child to stop eating when full as children's appetites do vary.
- ✓ Have meals and snacks at regular times and allow your child to make choices from the variety of **healthy foods** you keep on hand. Limit commercial snack foods to 1 serving daily, if at all.
- ✓ Use water as the drink of choice between meals. Too many sugary drinks, including juice, may lead to poor eating and damage teeth. **Limit juice to no more than 4 ounces daily**, if at all.
- ✓ Make "tea" and porridge with milk rather than water. Use low fat or skimmed milk, calcium-enriched soy milk or low fat evaporated milk (half milk, half water). **Condensed milk and almond milk are not suitable for children at this age.**
- ✓ Allow "cool down" after active play and limit distractions by turning off the TV or tablet during mealtimes.
- ✓ Do not be tempted to offer alternatives if food is refused - you'll be setting a trend that will be hard to break - and offer praise, hugs or fun activities as rewards rather than snack foods or sweets.

## Choose a Variety of Foods

### Planning meals

When planning family meals, choose a variety of foods from the **Caribbean Food Groups** as shown on the front cover. This teaches your child to enjoy a wide variety of healthy foods.

A nutritious meal always combines **Staples** (starches) with proteins like **Foods from Animals** or **Legumes** (or both), along with fruit or vegetables for extra nutrients and fibre.



#### Staples (Starches)

Cereal, porridge, rice, potato, sweet potato, yam, breadfruit, pasta, bread, crackers

#### Foods from animals (Proteins)

Fish, chicken, meat, egg, cheese, yogurt, milk

#### Legumes (Proteins)

Dried peas, beans, lentils, soy granules & chunks, finely chopped nuts, peanut butter