

Sample Meal Plan

Breakfast

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

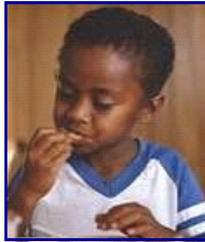


Snack

2-4 whole wheat crackers
¾ oz cheese
Water

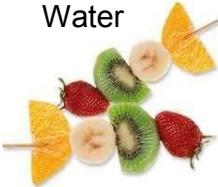
Lunch

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

National Nutrition Centre
Ministry of Health
Tel: (246) 536 3800

Email: nutrition.centre@barbados.gov.bb
<http://nutritioncentre.health.gov.bb>

Community Nutrition Officer _____

Telephone _____

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 (less than 100 Calories).
- ✓ 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 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