



Preschool Children: Healthy Eating and Activity

What are my child's needs and how much should he/she eat?

 To determine your child's calorie needs, find his/her gender and age in the **calorie chart** and select the appropriate physical activity level. **Sedentary** means a lifestyle that includes only light physical activity associated with typical day-to-day life. **Active** means a lifestyle that includes both physical activity equivalent to walking more than 3 miles per day and light physical activity associated with typical day-to-day life.

Daily Amount From Each Food Group				
Calorie Level	1000	1200	1400	1600
Grains	3-oz. eq	4-oz. eq	5-oz. eq	5-oz. eq
Vegetables	1 cup	1 1/2 cups	1 1/2 cups	2 cups
Fruits	1 cup	1 cup	1 1/2 cups	1 1/2 cups
Milk	2 cups	2 cups	2 cups	3 cups
Meat and Beans	2 oz. eq	3-oz. eq	4-oz. eq	5-oz. eq
Oils	3 tsp.	4 tsp.	4 tsp.	5 tsp.
Discretionary Calories	165	170	170	130

Calorie Chart		
Age	Calorie Range	
	Sedentary	Active
2 years	1000	1000
3 years	1000	1400
4 years	1200	1400 (1600 for males)
5 years	1200	1600



Now that you know your child's calorie level, find it above to see how much he/she should be eating daily.

Make feeding your preschooler a success!

- **Recognize your child's hunger cues.** Children are born with a natural ability to eat when they are hungry and stop when they are full. Do not force your preschooler to eat.
- **Provide nutritious food and let your child choose.** Offer a variety of food from each food group. Limit food that is high in calories and low in nutrients. Try different flavors and textures.
- **Encourage new foods.** Preschoolers can be very picky eaters. If your child does not like a new food, offer it again later. It often takes 5-10 times for a new food to be accepted. Most preschoolers experience "food jags" and may for a time only eat certain foods. It is important to continue offering your child a variety of food. "Food jags" are usually temporary and disappear on their own.
- **Set a good example.** Preschoolers imitate what they see. Parents hold the key to a lifetime of healthy eating habits. Parents who are overly concerned about dieting and weight control can have a negative influence on their children's eating behaviors.
- **Create a positive environment.** Making mealtime pleasant and enjoyable provides an opportunity to teach children communication skills, manners and good eating habits.
- **Reward with things other than food.** Rewarding with food may cause your child to use food to deal with his/her emotions. Try healthy choices like giving a hug and a compliment, playing a game, going for a walk, singing and dancing or reading a favorite book.



Exercise and have fun!

- 1. Set a good example.** Be active and get your family to join you. Have fun together. Go for a walk, tumble in the leaves or play catch.
- 2. Take the President's Challenge as a family.** Track your physical activities and earn awards at presidentschallenge.org on the internet.
- 3. Establish a routine.** Set aside time each day for activity, like walking, jogging, biking or swimming.
- 4. Have an activity party.** Center the next birthday party around physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.
- 5. Set up a home gym.** Use household items, such as canned foods, for weights. Stairs can substitute for a stair machine.
- 6. Move it!** Instead of sitting, get up and be active. Limit television and computer time.
- 7. Give activity gifts.** Select items that encourage physical activity, like active games or sporting equipment.



Follow the My Pyramid mottoes when you are feeding your pre-schooler. In addition, remember to choose food and beverages that do not have sugar and other sweeteners listed on the food label as one of the first ingredients. Added sugar contributes calories but few, if any, nutrients.

bean 'n' cheese quesadillas

- 4 8-inch flour tortillas
- 1 can (16 oz.) refried beans
- 1 cup cheese, grated

Spread tortillas with refried beans. Sprinkle cheese over beans. Fold tortillas in half. Coat a large skillet with cooking spray. Cook quesadillas about 2 minutes on each side or until cheese is melted and tortilla is lightly browned. Cut each tortilla into 4 wedges. Yield: 8 servings.

personal pizza

- 6 English muffins
- 1 recipe pizza sauce
- 1 cup mozzarella cheese, grated

Mix pizza sauce ingredients together. Cut English muffins in half forming circles. Spread pizza sauce over muffins; top with cheese. Place under broiler until cheese melts. Can be frozen and reheated in microwave for 1 1/2 minutes. Yield: 12 pizzas.

pizza sauce

- 1 cup tomato sauce
- 1/2 teaspoon Italian seasoning
- 1 Tablespoon minced onion
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- Dash pepper

chicken nuggets

- 4 chicken breasts
- 1 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon poultry seasoning
- 1 egg
- 1/2 cup milk
- Canola oil

Bone and skin chicken breasts. Cut into 1-inch pieces. Combine flour, salt, pepper, and poultry seasoning. In a separate container mix egg and milk. Dip chicken in egg mixture; roll in flour mixture. Over medium heat, sauté in a small amount of oil until done.

tropical cooler

- 1 banana, peeled
- 1 cup pineapple yogurt
- 1 1/2 cups pineapple juice
- 1/2 teaspoon coconut extract
- 2 Tablespoons sugar
- 8-10 ice cubes

Combine all ingredients in blender; mix well. Gradually add ice cubes and mix until finely crushed. Yield: 4 servings.

tin foil dinner

- 1 hamburger patty
- 1/2 small potato, sliced
- 1/2 carrot, sliced
- 1/2 small onion, sliced
- Salt and pepper to taste

Use a piece of heavy aluminum foil about a foot square. With shiny side up, put vegetables and hamburger on foil. Season with salt and pepper. Bring 2 edges of foil together and fold. Fold ends together so the package won't leak. Bake at 350°F for 30-40 minutes. Eat right out of the package.

wienie beanie

- 4 hot dogs, diced
- 1 small onion, diced
- 2 cans (16 oz.) pork and beans
- 1/2 cup catsup
- 2 Tablespoons brown sugar
- 1 teaspoon mustard
- 1 teaspoon Worcestershire sauce

Sauté hot dogs and onion, drain fat. Add remaining ingredients and simmer over low heat 15 minutes. Yield: 6 servings.



Recipes