

Breakfast
 1 cup Grains
 ½ cup Fruits
 ½ cup Dairy

Breakfast Ideas
 Rice with 2 veg, Cereal with sliced fruits, Boiled grains
 Milk rice with green gram
 String hoppers, Hoppers
 Potatoes with butter
 Steamed vegetables
 Thripasha Aggala, Rotee
 Scrambled egg, Plain yoghurt
 Sliced banana, Milk

Morning Snack
 ½ cup Fruits
 ½ cup Dairy

Morning Snack Ideas
 Banana, Kamaranga, Papaw, Orange, plums, Dates
 Pineapple pieces, Butter fruit
 Wood apple juice, Bran Crackers
 Slice bread, Toast

Lunch
 1 cup Grains
 ¼ cup Veg
 Protein food
 ½ cup Dairy

Lunch Ideas
 Rice with 2 veg,
 Meat, fish or egg
 Green leaves
 Curd, Fruit Salad

Afternoon Snack
 ¼ cup Veg
 ½ cup Dairy
 ½ cup Fruit

Afternoon Snack Ideas
 Steamed veg. pieces, Sweet corn,
 Roasted nuts & milk
 Cheese string & crackers
 Fruit juice, Yoghurt

Dinner
 1 cup Grains
 ½ cup Veg.
 Protein Food
 ½ cup Dairy

Dinner Ideas
 Steamed vegetables, Jack fruit
 Mashed potatoes
 Rice and beans
 Meat or fish, Boiled egg
 Green leaves. Milk

DO

- ✓ Serve meals at regular times so children know when to expect food.
- ✓ Sit and eat with the children where possible.
- ✓ Children have only little tummies and fill up easily. Keep portions small and offer more as needed.
- ✓ Make food look interesting - colors, taste and textures are very important.
- ✓ Praise when food is eaten.
- ✓ The child should feed him/herself, if possible
- ✓ Give them time to eat without being rushed.

DON'T

- ✗ Don't force a child to eat or to clear their plate of food.
- ✗ Don't get upset with the child.
- ✗ Don't criticize the child in front of other children.
- ✗ Don't bribe with sweet foods, This gives a wrong message



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**GIVE
 HEALTHY FOOD
 FOR YOUR
 PRESCHOOL CHILD**



Developed by
Health Education Material Production Unit
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Why Healthy Food is Important for Children Ages 2-5

- ✓ Foods with lots of rich nutrients help with brain and motor development
- ✓ Healthy habits at a young age lead to healthy habits later
- ✓ Healthy food helps prevent long term diseases such as, diabetes, heart disease, liver disease etc.
- ✓ Healthy food helps prevent oral health problems like cavities and gum disease

Eating Behaviors of children

- ☹ Do not meet the recommendations for eating 5 servings of fruits and vegetables each day
- ☹ Do not eat the minimum recommended amounts of whole grains (2-3 ounces each day)
- ☹ Eat more than the recommended maximum daily intake of salt (recommended daily amount is less than 1.5 grams for children 1 to 3 years old, and less than 1.9 grams for children 4 to 8 years old)
- ☹ Empty calories from **added sugars** and **solid fats** contribute large amount of daily calories for children, affecting the overall quality of their diets.

Current Daily Recommendations

These are daily recommendations for Children between the ages of 2 and 4. For children over age 4, serving sizes are the same as adult serving sizes.

6+ servings of **rice, cereal, grains, bread, potatoes**
(1 serving is about ½ cup)

5+ servings of **fruits, fruit juice and vegetables**
(1 serving is about ½ cup)

3 servings of **dairy milk, cheese, yoghurt**
(1 serving is about ¾ cup)

2 servings of protein rich food **meat, fish, egg, peas, soya**

1 (Very small amount)

of empty calorie foods **sweets, soft drinks and sodas, pastries, candies, cakes, cookies, pizza, buns and burgers, ice cream, commercially prepared fried foods**



What are Empty Calories?

Solid fats and **added sugars** add calories to the food but few or **no nutrients**. For this reason, the calories from solid fats and added sugars in a food are often called empty calories

Some ideas to help you choose foods.....

Instead of...	Choose
Palm oil	Coconut oil, Gingili oil
Wheat flour	Rice flour, Ulundu flour
Sweetened breakfast cereals	Cereals with little or no added sugar
Ice cream	Fruits or fruit salad
Cookies & chocolates	Low sugar crackers & nuts and grains, dates and fruits
Jelly & pudding	Sliced fruits, Fruit salad, Curd
Buns, Pastries, French fries	Boiled corn
Commercially prepared short eats	Baby jack cutlets, nuts and grains
Soft drinks	Water, homemade fruit juice, Cunjee
Jam	Marmite, Butter, Fruits
Tea & coffee	Water, homemade fruit juice, soup, milk