

4 years old

Child's Name _____
Height _____ Weight _____ Date _____
BMI _____ Percentile _____%

FOOD FOR THOUGHT

What foods does your child like?

What vegetables does your child like?

How many meals and snacks per day does your child eat?

What kind of snacks are your child's favorite?

What activities does your child enjoy?

How much time does your child spend with TV, computer and video games each day?

FEEDING ADVICE

- **Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).**
- Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from.
- Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole-grain unsweetened cereal and crackers. Serve snacks 1-2 hours before meals.
- Serve the same food the rest of the family is eating. Don't fix your child separate food.
- Think your drink – make it milk at meals and water or 100% fruit juice in between.
Limit 100% fruit juice intake to 4-6 oz./day.
- Keep portion sizes small and continue to use child-size plates, cups & silverware.
- Request information on serving sizes.
- Don't force your child to eat or to clean their plate.
- Sleep and appetite go together. Be sure to allow your child plenty of sleep.
- **Sit down and eat together as a family.**

BE ACTIVE

- Encourage 1 hour of active play each day, make physical activity a family routine. Try bike riding, skipping, dancing, jumping and running.
- Enjoy throwing and catching balls with your child.
- Play hopscotch with your child.
- Limit screen time (TV, computer, electronic games) no more than 1-2 hours per day and help your child choose what to watch.
- No TV or computer in your child's bedroom.

NOTES:

