Nutrition For Young Children

Proper nutrition is key to maintaining a child's health. Enstilling proper nutritional habits early in a child's life helps to establish a lifelong foundation for healthy eating habits.

Healthy Eating

Young children need to have a healthy balance of grains, dairy, protein, and vegetables. Children who consume high amounts of fat, sugar, and processed carbohydrates are at risk of becoming obese.

Eating On A Budget

You can eat healthy while staying on a budget. Look for sales and reduced produce that you can use immediately. Grow your own herbs. Replace meat with protein alternatives such as lentils, chick peas, and beans. Make a shopping list and stick to it. Avoid impulse buying.

Healthy, Safe Snack Ideas

Here are some suggestions for healthy, safe snacks for your child: fresh fruit, dried fruit, cheese, yogurt, whole grain cereals, and hummus. Avoid foods that could be a choking hazard such as cherry tomatoes, nuts, and popcorn.

infant inspiration

Introduce single ingredient foods first. Mashed, pureed, or strained foods with little texture are great for introducing solid foods to infants.

toddler tales

Portion sizes for toddlers are 1/4 of an adult's portion. Serve food at room temperature. Provide child sized utensils. Cut food into bite sized pieces to reduce the chance of choking.

preschool power

Schedule regular family meals at a table. Limit processed foods and sugary drinks. Don’t require preschoolers to clean their plates. Instead, focus on teaching them to understand when they are full.