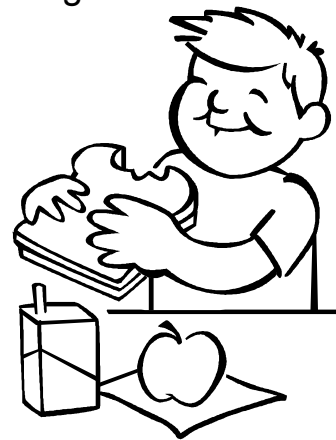


Preschool Children Healthy Eating and Activity

- Children like adults need to have healthy eating and physical activity habits.
- MyPyramid for Kids recommends eat right, exercise and have fun.
- Get your child's personalized eating guide by looking up MyPyramid.gov on the Internet. Just select age, gender and activity level.
- Preschool children will get adequate nutrients by following MyPyramid recommendations.
 - Carbohydrates
 - Protein
 - Fat
 - Vitamin A
 - Vitamin C
 - Calcium
 - Iron
 - Water
 - Fiber
- MyPyramid recommends children get 60 minutes of regular physical activity every day or most days.



Mini-goals

1. _____

2. _____

3. _____

WHAT ARE YOUR CHILD'S CALORIE NEEDS AND HOW MUCH SHOULD HE/SHE EAT?

To determine your child's calorie needs, find his/her gender and age in the chart below 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.

CALORIE CHART					
Female/Age	Calorie Range		Male/Age	Calorie Range	
	Sedentary	Active		Sedentary	Active
2 years	1000	1000	2 years	1000	1000
3 years	1000	1400	3 years	1000	1400
4 years	1200	1400	4 years	1200	1600
5 years	1200	1600	5 years	1200	1600

Find your child's personal calorie column to determine the amount he/she should eat from each food group. The chart also lists the discretionary calorie allowance that is built into each level.

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 ½ cups	1 ½ cups	2 cups
Fruits	1 cup	1 cup	1 ½ cups	1 ½ 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

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. It may create a pattern that could eventually lead to obesity.

Provide Nutritious Food and Let Your Child Choose

Plan nutritious meals and snacks. Offer a variety of food from each food group. Limit food that is high in calories and low in nutrients. Expose your preschool child to 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 five to ten 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. This could lead to future eating disorders.

Create a Positive Environment

Make mealtime pleasant and enjoyable. It provides you an opportunity to teach your children communication skills, manners and good eating habits. Try to serve meals at the same time each day and before your child gets too tired or hungry.

Do Not Reward with Food

Rewarding with food may cause your child to use food to deal with their emotions. Your child could learn to associate eating with feeling good.

Instead of using food as a reward, 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.

MYPYRAMID

Eat Right

1. **Make half your grains whole.** Choose whole grain foods, such as whole wheat bread, oatmeal and brown rice.
2. **Vary your veggies.** Be sure to include dark green and orange vegetables, like broccoli, spinach, carrots and sweet potatoes.
3. **Focus on fruits.** Offer fruit at meals and snacks. Choose fresh, frozen, canned or dried. Limit fruit juice.
4. **Get calcium-rich foods.** Serve fat free and low-fat milk and milk products several times a day.
5. **Go lean with protein.** Serve lean meat, chicken, turkey and fish. Be sure to include food made with dried beans, peas and lentils.
6. **Change your oil.** Children need some oil for good health. Choose heart-healthy oils such as olive, canola, corn and soybean oil.
7. **Do not sugarcoat it.** 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.



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.
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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.

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. To freeze spread margarine on top of muffin before covering with sauce and cheese. *Each pizza provides 103 calories, 4 g protein, 3 g fat, 7 mg cholesterol, 15 g carbohydrate, 1 mg iron, 104 mg calcium, 275 IU vitamin A, 4 mg vitamin C and 280 mg sodium.*

Pizza Sauce:

- 1 cup tomato sauce
- 1/2 tsp. Italian seasoning
- 1 Tbsp. minced onion
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- Dash pepper

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. Yield: 1 serving. *Each serving provides 307 calories, 21 g protein, 18 g fat, 74 mg cholesterol, 14 g carbohydrate, 3 g fiber, 3 mg iron, 32 mg calcium, 10127 IU vitamin A, 14 mg vitamin C and 653 mg sodium.*

WIENIE BEANIE

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

Sauté hot dogs and onion, drain fat. Add remaining ingredients and simmer over low heat 15 minutes. Yield: 6 servings. *Each serving provides 265 calories, 12 g protein, 7 g fat, 36 mg cholesterol, 42 g carbohydrate, 9 g fiber, 6 mg iron, 137 mg calcium, 391 IU vitamin A, 9 mg vitamin C and 1259 mg sodium.*

CHICKEN NUGGETS

4 chicken breasts
1 cup flour
1/2 tsp. salt
1/4 tsp. pepper

1 tsp. poultry seasoning
1 egg
1/2 cup milk



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. Serve with EFNEP's special sauce.

Yield: 6-8 servings. *Each serving provides 196 calories, 18 g protein, 8 g fat, 70 mg cholesterol, 13 g carbohydrate, 1 mg iron, 32 mg calcium, 125 IU vitamin A, 1 mg vitamin C and 207 mg sodium.*

Special Sauce

1/4 cup honey

1/2 cup catsup

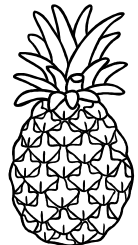
Combine honey and catsup in a small saucepan. Warm over medium heat; stir constantly. *Each serving provides 48 calories, 13 g carbohydrate, 3 mg calcium, 152 IU vitamin A, 2 mg vitamin C and 178 mg sodium.*

TROPICAL COOLER

1 banana, peeled
1 cup pineapple yogurt
1 1/2 cups pineapple juice

1/2 tsp. coconut extract
2 Tbsp. sugar
8-10 ice cubes

Combine all ingredients in blender; mix well. Gradually add ice cubes and mix until finely crushed. Yield: 4 servings. *Each serving provides 157 calories, 3g protein, 1 g fat, 2 mg cholesterol, 36 g carbohydrate, 1 g fiber, 95 mg calcium, 56 IU vitamin A, 13 mg vitamin C and 31 mg sodium.*



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. *Each serving provides 187 calories, 10 g protein, 6 g fat, 15 mg cholesterol, 24 g carbohydrate, 3 g fiber, 152 mg calcium, 210 IU vitamin A, 2 mg vitamin C and 423 mg sodium.*