Physical Activity is Important

- Play with your child every day.
- An overweight child may not be healthy.
- Limit screen time to less than 2 hours each day.
- Turn on music and do a dance party.
- Spend an hour or more outside daily.
- Bouncy balls and hula hoops are fun.

Normal Behavior

- Appetites differ from day to day, from year to year, and from child to child.
- Let your child stop eating when he feels full. No “clean plate club.”
- Accepting new foods takes time. Keep trying!
- If your child wants to eat the same food for several days, don’t worry.
- Playing with food may mean your child is not hungry, wants attention or does not feel well.

Kids in the Kitchen

Preschoolers like to:
- Wash fruits or vegetables
- Tear lettuce/spinach for salads.
- Layer yogurt, fruit, granola in a clear cup.
- Peel a hard-boiled egg.
- Make a sandwich.
- Set the table.

Making Mealtimes Happy

- Buy small forks and spoons made of rubber or plastic.
- Include finger foods with meals.
- Plan for a variety of colors and textures.
- Serve small portions—let children ask for seconds.
- Introduce new foods along with favorites.
- Do not force your child to eat.
- Relax—do not bribe or reward with food.
- Enjoy family time—sit together at the table.
- Turn off the TV during meals.

Feeding Your Preschooler

3–4 Years Old

www.scdhec.gov/wic
Daily Amounts for Your 3–4 Year Old

Grain Group
4–5 Servings/day
- 1 slice whole grain bread
- 1 cup dry cereal
- 1/2 cup cooked grits/oatmeal
- 1/2 cup cooked rice/pasta
- 1 tortilla (6”)

Vegetable Group
1 1/2–2 Cups/day
Serving size = 1/2 cup:
- 1/2 cup cooked carrots
- 1 cup raw leafy greens
- 1 small ear of corn
- 1/2 cup baby lima beans

Fruit Group
1–1 1/2 Cups/day
Serving size = 1/2 cup:
- 5 large strawberries
- 1/2 cup canned fruit
- 1 small apple
- 1/2 cup 100% fruit juice

Milk Group
2–3 Cups/day
Serving size = 1/2 cup:
- 1/2 cup milk (1% or skim)
- 1/2 cup yogurt
- 1 slice cheese
- 1 piece string cheese

Meat and Beans Group
3–5 Ounces/day
Serving size = 1 ounce:
- 1 ounce cooked meat/fish/poultry
- 1 egg
- 1/4 cup canned salmon/tuna
- 1/4 cup cooked pinto beans
- 1 Tablespoon peanut butter

Try to eat at about the same times each day.

Offer water instead of tea, soda, or other sweet drinks.

Menu Examples

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz. (1/2 cup) 100% juice</td>
<td>4 oz. (1/2 cup) water</td>
<td>4 oz. (1/2 cup) milk</td>
<td>2-3 graham crack squares</td>
<td>4 oz. (1/2 cup) milk</td>
<td>1 medium banana</td>
</tr>
<tr>
<td>1 scrambled egg</td>
<td>1/2 cup dry cereal</td>
<td>1 tuna sandwich (1/4 cup tuna on whole grain bread)</td>
<td>1 Tablespoon peanut butter</td>
<td>1/2 cup pinto beans</td>
<td>4 oz. (1/2 cup) yogurt</td>
</tr>
<tr>
<td>1/4 cup grits</td>
<td>1/4 cup raisins</td>
<td>3-4 thin carrot sticks</td>
<td>1 Tablespoon peanut butter</td>
<td>1/2 cup collard greens</td>
<td></td>
</tr>
<tr>
<td>with 1 oz. cheese</td>
<td></td>
<td></td>
<td></td>
<td>1 piece cornbread</td>
<td></td>
</tr>
</tbody>
</table>

Serve baked or grilled foods more often than fried.

Choking Hazards:
- raisins, grapes, hot dogs
- nuts, popcorn
- peanut butter, marshmallows
- raw vegetables or other small, round, hard or sticky foods