

What to keep in mind?

- As a parent you are the most important person in your child's life. Your healthy eating habits will teach them to be healthy adults.
- You and your child should eat the same healthy foods. But your child does not need to eat as much as you do. Use the size of your child's hand to decide how much food to put on your child's plate.
- Give your child a variety of healthy food. Let them choose what to eat.
- Do not make special meals for your child.



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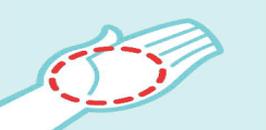
How much food should my child eat?



Eating the right amount of healthy food will help keep your child at a good weight. Part of the reason so many children are overweight today is they eat too much food and fat. Young children do not need the same amount of food as other people in the family. Learn the right portion sizes for your children.

How much food does your child need?

- Your child needs to eat the amount of food used every day. The more active your child is the more food he or she needs. Food is also needed to help your child grow. Your child needs more food during growth spurts.
- Children and adults do not need the same amount of food. An adult with a labor job will need more food than a young school-age child.
- You can use your hand to measure food. A closed fist is 1 cup, an open palm is 3 ounces, a cupped hand and a thumb is 1 ounce, and the tip of a thumb is 1 teaspoon.

Part of the hand?	How much	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

What foods should your child eat?

- Choose foods that keep the whole family healthy. Give your children a plate of food from all of the food groups.

- Buy healthy options from all food groups. This will make sure your child gets all of the nutrients needed.

- Fat free or low fat milk, yogurt, or cheese

- Fresh fruit such as apples, bananas, or grapes

- Fresh veggies such as broccoli, spinach, or green beans

- Whole wheat bread, brown rice, or whole wheat tortillas

- Chicken, turkey, fish, beans or tofu

- Canola, olive, sunflower, safflower or flaxseed oil

- You give your child a variety of healthy food. Let your child decide what to eat. Do not make your child finish everything on the plate. Do not make special meals for your children.

- Eating healthy is done as a family. You are the most important role model to your children. They want to be like you.



How much food should your child eat each day?

2 to 8 years old: 2 cups of milk; 1.5 cups of both fruits and veggies; 5 ounces of grains; and 4 ounces of meats and beans.

9 years and up: 3 cups of milk; 2 cups of fruits; 3 cups of veggies; 8 ounces of grains; and 5 ounces of meats and beans

Your child needs to eat the right amount of healthy food. Your child could get the milk needed in 1 day by eating a bowl of ice cream. But, your child would also get a lot of sugar and fat. Help your child make good choices!