



Government of Bermuda
 Department of Health & Family Services
 Department of Health

PREPARING HEALTHY LUNCH TIPS FOR TODDLERS AND PRESCHOOLERS

A healthy lunch is a great way to start teaching your child about the importance of healthy eating. Lunch provides one third of required daily nutrient needs.

Healthy eating for your toddler and preschooler will:

- Support growth
- Provide energy
- Increase learning capability
- Increase the ability to fight illness or disease

Healthy lunch choices come from:

- Foods from the five food groups
- Appropriate serving sizes
- Various fruits, vegetables and whole grains as snack choices

Build healthy lunches and snacks by including 4-5 of the food groups using the following:

MILK <i>PROVIDES CALCIUM FOR BONES AND TEETH</i>	VEGETABLES <i>PROVIDE FIBER AND VITAMINS AND MINERALS</i>
<div data-bbox="138 1375 243 1543"></div> <ul style="list-style-type: none"> • Milk • Yogurt (topped with granola or any other unsweetened cereal) • Homemade pudding • Cottage cheese with fruit or raw vegetable • Orange juice fortified with calcium • Soy milk <div data-bbox="138 1606 243 1732"></div> <p>ONE SERVING = 1/2 C OF MILK OR 1/2 OUNCE CHEESE</p> <p>*Low fat choices should only be offered to children over the age of 2 years</p> <p>* Regular soy milk should not be offered to children less than 2 years. Offer soy infant formula instead.</p> <div data-bbox="138 1795 243 1921"></div>	<div data-bbox="836 1375 966 1543"></div> <ul style="list-style-type: none"> • Vegetable sticks with a low-fat dip • Vegetables in pasta salads or salad greens • Vegetables added to sandwiches • Vegetables mixed in muffins, bread or pies • Soups <div data-bbox="836 1564 966 1732"></div> <p>ONE SERVING = 1/4 CUP COOKED OR CHOPPED RAW OR 1/2 CUP LEAFY GREENS</p> <div data-bbox="844 1764 966 1921"></div>

MEAT AND ALTERNATIVES

PROVIDES PROTEIN FOR MUSCLES AND B VITAMINS



- Fish, egg, poultry, lean beef or leftover meats for sandwich filling
- Cold cuts of meat
- Mashed beans e.g. hummus
- Peanut butter combinations
- Tofu sliced, diced, mashed and seasoned



One serving= 1 ounce of lean meat, fish or chicken, 1 egg, ½ cup cooked beans, 2 tbs of peanut butter



These make excellent sandwich fillings.

SNACKS



A child stomach is small and energy needs are high. Provide snacks in between meals in order to meet nutrient needs.



- Cheese and crackers
- Peanut butter and graham crackers
- Fruit and cheese
- Unsweetened cereal and milk



Choose snacks from the five food groups and serve with a beverage such as milk. Snack ideas

WHOLE FRUITS

PROVIDE FIBER AND VITAMINS AND MINERALS



- Variety of fresh fruits (continue to offer a variety of fruits to the picky eater)
- Canned fruit in own juice or light syrup
- Dried fruit



**ONE SERVING = 1/2 PIECE OF FRUIT AND ¼ CUP CANNED FRUIT
1/8 CUP DRIED FRUIT**



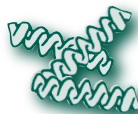
Offer your toddler and preschooler actual fruit more often and less juice. Provide water instead.

BREAD, PASTA AND CEREAL

PROVIDE ENERGY, FIBER, VITAMINS AND MINERALS



- Sandwich breads (whole wheat, multi-grain, rye, pumpernickel, soft tortillas or bagels)
- Variety breads (herbed, pita pockets, onion, or raisin breads)
- Add whole grain breads with soups or salads
- Pasta/ rice, salads, soups or casseroles
- Unsweetened cereal make good snacks with dried fruit



**ONE SERVING= ½ SLICE OF BREAD
¼ CUP READY TO EAT CEREAL OR ¼ CUP CEREAL, RICE OR PASTA**



SAMPLE am SNACK

½ c yogurt

1 ½ graham crackers

SAMPLE LUNCH

1 Meat or meat alternative = 1 ounce of tuna fish or ½ c chicken noodle soup

1 Vegetable = 1 slice of tomato

2 Bread = 1 slice of whole wheat bread

1 Milk = ½ cup of homemade vanilla pudding

1 Fruit = ¼ cup fruit cocktail in own juice

SAMPLE pm SNACK

½ Apple

1 ounce of cheese

Remember your responsibility is to provide your child with nutritious foods. It is your child's responsibility to decide if they will eat and how much they will eat from what is offered.

ENCOURAGE VARIETY

Vary the food you offer your child from each food group. Try all kinds of food even those you do not like. Be mindful that it takes several tries before a child adjusts to a new food.

Use the serving sizes as a guideline in providing your child with appropriate food portions. Start with these amounts and give your child more if he/she is still hungry. Your child may eat more or less. *Don't worry* - your child's appetite changes frequently as calorie needs are dictated by growth spurts.

FOR FURTHER INFORMATION CALL NUTRITION SERVICES AT
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