

MyPyramid for Preschoolers (ages 2-5 years)

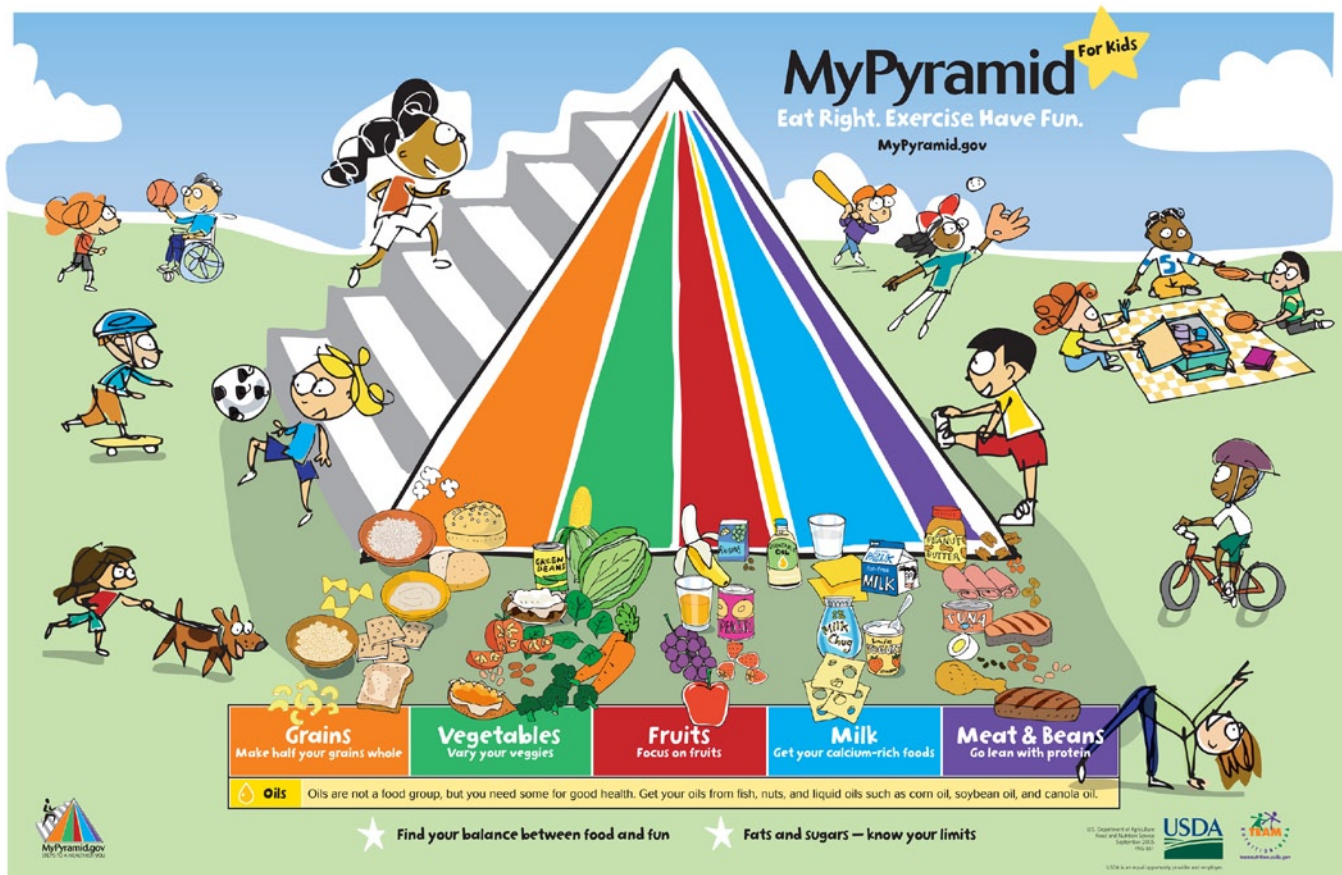
MyPyramid for Preschoolers reminds children to make healthy food choices and to be physically active every day.

Nutrition Needs for Preschoolers

Preschoolers need the same food groups as adults—only in smaller quantities. If you need help in determining how much your child needs to eat in order to grow and stay energized, visit www.mypyramid.gov/preschoolers or talk with a WIC nutritionist.

Remember these basics though:

- ➔ Variety matters. Encourage your child to eat foods of all color every day. The colors orange, green, red, yellow, blue and purple represent the five different food groups plus oils.
- ➔ Make half their grains whole. Choose whole grain foods such as whole wheat bread, cereals made with whole grains, oatmeal, and low-fat popcorn more often.
- ➔ Vary their veggies. Enjoy dark green and orange vegetables like spinach, broccoli, carrots and sweet potatoes.
- ➔ Focus on fruits. Eat fresh, frozen, canned or dried fruits at meals and snack time.
- ➔ Get calcium-rich foods to build strong bones. Serve nonfat and low-fat milk and yogurt several times daily.
- ➔ Go lean with protein. Eat lean or low-fat meat, chicken, turkey and fish. Try dry beans and peas, nuts and seeds too.
- ➔ Change their oil. We all need oil but help children get theirs from fish, nuts and liquid oils such as corn, soybean, canola and olive oil.
- ➔ Don't drink empty calories. Help kids choose milk and other beverages that don't list sugar and sweeteners as one of the first few ingredients.





Exercise for Preschoolers

- ➔ Exercise helps preschoolers stay healthy and gives them an outlet for their natural energy.
- ➔ Set a good example with fitness. Be active with your kids, pets and family members every day.
- ➔ Shoot for at least 60 minutes of physical activity each day—it doesn't have to be all at one time.

Indoor, outdoor, and in-between family fun activities:

- Hopscotch
- Capture the Flag
- Duck Duck Goose
- 500
- Four Square
- Hide-n-Seek
- Chinese jump rope
- Horse
- Marbles
- Red Light/Green Light
- Tag
- Say Say Oh Playmate
- Marco Polo
- Ring Around the Rosie
- King of the Hill
- Hot Potato

Have Fun!

- ➔ Don't forget to have fun.
- ➔ A preschooler's job is to explore the world, and that includes learning about healthy foods, helping mom and dad make food in the kitchen, and playing hard.
- ➔ The more kids are encouraged to explore and experience new things, the more they become engaged in healthy habits. Help teach your kids that practicing healthy habits is an adventure!