

family style

a child's appetite



A small child's appetite can change from day to day. There will be times when your child is growing and will be hungry. There will be times when your child is not growing as fast and wants to eat less.

Your child is learning to eat when he is hungry and stop eating when he is full.

You may worry that your child does not eat enough at times. **Don't worry!** If your child is healthy and growing, it's okay for his appetite to go up and down.

as a parent, you can...

- **Serve 3 healthy meals and 2 snacks** at about the same times each day.
- Decide **which healthy foods** are offered at meals and snacks.
- **Limit foods with little or no nutrition** such as chips, candy, and soda.

Let your child decide 'how much' he will eat.

You can't or shouldn't control how much your child eats.

Eating problems happen when a parent tries to limit or push foods.

These struggles can upset a child:

- Some children will overeat when there is stress.
- Other children will eat less when there is stress.

A child's small tummy can become upset.

Keep mealtimes and snack times relaxed so your child can feel when he is hungry or full.

Help your child develop **healthy eating habits** that will last his lifetime.



Allow your child to eat when he is hungry. A child who is not overeat.

serve small on his plate.

Put 1 tablespoon of food for each year of your child's age.

For example, start with 1/2 cup of a vegetable, 1/2 cup of meat and 1/2 cup of pasta for a 2-year-old child.

eat more,

your child has a good appetite. He may be hungry. If your child is hungry

and the food is refused

servings

Do not overeat if large on their plate.

Children eat about 80 percent more of oversized.

A small child may eat slowly and eats fast.



Let your child enjoy your food.

your child may learn to eat more or less food.

Remember if you have a child with a poor growth and appetite.

It's home

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