

## NUTRITION FOR YOUR CHILDREN UNDER 3 YEARS OLD

- Children have small stomachs and can only eat small amounts of food at one time. Feed your children under the age of 3 years, three meals a day with 2 to 3 small snacks in between.
- Feed your children at the same time every day. This will help set a routine and train your children to develop good eating habits.
- Give your children a variety of foods, including milk, fruits, vegetables, breads and whole grains, beans and meat.
- Introduce one new food at a time. If your child does not like the food, try it again at another time and serve it in a different form. It can take more than ten times before a small child will like a food.
- Children under the age of 3 should drink 1 ½ cups of whole milk per day.
- Cut whole fruit or vegetables into small pieces.

**Each day feed your children different colors of food – red, orange/yellow, green, blue/purple, white and brown – to stay healthy.**

