



Seacoast Child Development Clinic Nutrition Recommendations

Feeding your preschooler can be challenging due to picky eating and an unwillingness to try new foods. Here are a few simple guidelines for feeding that can help you provide good nutrition, and help your child to develop a good relationship with food without turning every meal into a stressful, unpleasant time.

- Most children need three small meals and two or three snacks per day. Try not to have your child to graze or drink beverages other than water between meals and snack times so that they are hungry at mealtimes. Give your child a choice of a few healthy foods at all meals and snacks, letting him/her choose what and how much to eat.
- Try to give your child most of the same foods that the rest of the family eats. It is important to model healthy eating yourself as your child watches what you eat.
- Foods to offer:
 - whole grains
 - fruits (limit fruit juice to 4-6 ounces a day)
 - vegetables
 - milk and yogurt (whole milk for children ages 1-2, reduced-fat milk for children ages 2 and older)
 - lean meats, peanut butter, beans.
- The following should be offered only once or twice a week: soft drinks and fruit drinks; candy, cookies, cake, potato chips and other salty snacks.
- Have your child help with food preparation in whatever way they can. Children are more apt to eat foods which they have helped prepare.
- Even if your child refuses a food, continue to offer a small amount of it now and then. Sometimes it takes up to 20 exposures before a food is accepted. Be patient, eventually your child will increase the number of foods he/ she is willing to eat.



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