



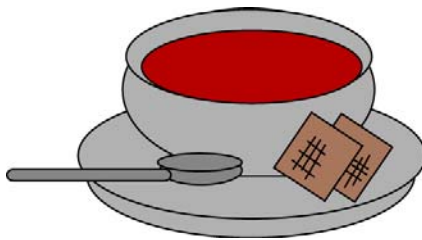
# KidFood

*Healthy Eating for Today's Kids*

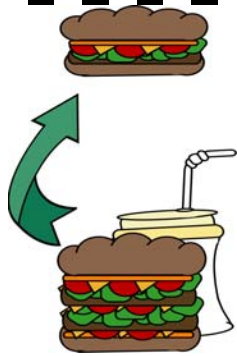
**Nutrition Matters**

November 2008

## 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 does not need to eat as much.
- ♥ **You may worry that your child does not eat enough at times.** Don't worry! As a parent, you can decide what types of food are offered at meals and snacks. You can also decide when meals and snacks will happen.
- ♥ **Allow your child to decide "how much" he will eat.** Let your child stop eating when he is no longer hungry. Your child may not eat every meal or snack. If you are concerned about how your child is growing or eating, talk to your health care provider.
- ♥ **Eating problems can happen when parents try to limit or push foods.** These struggles can be so upsetting for your child that he may not recognize his own feelings of hunger and fullness.
- ♥ **Help your child develop healthy eating habits that will last a lifetime.** Allow your child to eat when he is hungry and stop eating when he is full.
- ♥ **Keep mealtimes and snack times relaxed so your child can feel his signs of hunger and fullness.** A child's small tummy can become easily upset. Some children react to stress by eating more. Other children react by eating less. Try to keep stress away from eating!
- ♥ **Do not offer large servings to your child.** Some children will overeat when they are served a large serving. Some children will eat as much as 60 to 80 percent more when servings are super-sized. Other children will eat the same amount if servings are normal sized or super sized.



## Easy Lunch Ideas

- ♥ Serve child size servings. Start with 1 tablespoon of each food for each year of your child's age.
- ♥ Serve food in serving bowls and allow your child to serve himself whenever possible. Children who serve themselves tend to not overeat. Let your child decide "how much" he will eat.
- ♥ Let your child ask for second helpings if he wants to eat more. Remember, there will be days when your child will be in a growth spurt and he will be hungry.
- ♥ Don't limit food if your child is hungry. Your child may overeat later if food is refused when he is hungry.
- ♥ Encourage your child to take small bites and enjoy eating. Your child could overeat if he takes "big bites." Let your child see you eating slowly and enjoying your food.

- ♥ Macaroni and Cheese  
Ham slices  
Peach and pear slices  
Milk

---

- ♥ Beef or Bean Burrito  
Lettuce and chopped tomatoes  
Salsa  
Milk

---

- ♥ Hamburger on a bun  
Tomato slices  
Applesauce  
Milk

---

- ♥ Ham or turkey sandwich  
Lettuce salad  
Cherry tomatoes  
Milk

---

- ♥ Spaghetti with tomato & meat sauce  
Mandarin oranges  
Milk

---

- ♥ Chicken and Cheese Quesadilla  
Lettuce and chopped tomatoes  
Salsa  
Milk

---

- ♥ Chicken noodle soup & crackers  
Shredded carrots in soup  
Apple and cheese slices  
Milk

---

- ♥ Sausage Pizza  
Raw cucumbers and carrots  
Ranch dip





## Cold Weather Fun

Play everyday!

Children want to play! Families need to play!

Plan at least 1 hour of active play times for your child every day.

Enroll your child in a preschool program. Your child will enjoy playing with other children.

Watch less television. Watch 2 hours or less each day.

### Play Inside!

- ♥ Invite other children to your home. Children are more active when playing with other children.
- ♥ Create a safe play area in your home. Clear out an area where your child can ride small bikes, push toys, pull wagons and dance. This could be a room, part of a room, garage or basement.
- ♥ Play 'Hide and Seek' in the house. There are many places where children can hide. Be sure they are hiding in safe places.
- ♥ Create a "Play" with your child. Read one of your child's favorite stories. Let your children be the actors. Small children love to act!
- ♥ Turn on the radio and dance! Children love to dance. They may even start singing.
- ♥ Play with cardboard boxes. Cardboard boxes can be used to make mini houses and tunnels. Your local store probably has lots of extra boxes for playing—be sure to remove any metal parts such as staples that could hurt your child.





PLACER-NEVADA COOPERATIVE EXTENSION OFFICE  
UNIVERSITY OF CALIFORNIA  
11477 E AVENUE (*Building 306, DeWitt Center*)  
AUBURN, CA 95603

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

## Nutrition Matters

KidFood is published 12 times a year.  
Copyright 2008

The content of KidFood is not intended to provide medical advice.  
This should be obtained from a qualified health professional.

### Nutrition Coalition

Supported by First 5 Placer County  
Children and Families Commission

**SHARON K. JUNGE**, NFCS Advisor

**VICKY BOURDANIOTIS**, Program Representative

**University of California  
Cooperative Extension  
11477 E Avenue  
Auburn, CA 95603  
Phone: 530-889-7350  
Fax: 530-889-7397  
Email: [ceplacer@ucdavis.edu](mailto:ceplacer@ucdavis.edu)  
Website: <http://ceplacer.ucdavis.edu>**

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6<sup>th</sup> Floor, Oakland, CA 94607, (510) 987-0096.