

Tips for Feeding Your Preschooler



“How much should my 3-5-year-old be eating?”

Preschoolers between the ages of 3 and 5 can eat a variety of healthy foods. Offer foods from each of the four food groups every day. Try to include at least three of the four food groups at each meal. Include at least two food groups at snacks.

Let your child decide how much to eat from the foods you offer. Do not force your child to eat or restrict the amount of food you allow him to eat. Here’s how many servings from each food group your child should eat:

Food Group	Number of Food Guide Servings	
	Age 2 and 3	Age 4 and 5
Vegetables and Fruit	4	5
Grain Products	3	4
Milk and Alternatives	2	2
Meat and Alternatives	1	1

Tips!

1. Eat meals and snack prepared at home more often. Get your child involved as much as possible.
2. Let your child decide what and how much to eat from the foods your offer. It is normal for young children to refuse to eat new foods, change their minds about foods they ate before, or want the same food every day. Continue to offer a variety of familiar foods and new foods at each meal.
3. Offer water between meals. Sipping on milk or juice between meals can decrease appetite. If you give your child juice, offer 100% fruit juice and limit it to 125-175 mL (4-6 oz) a day.

What does a serving look like?

Fruits & Vegetables

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Leafy vegetables

1 cup (250 mL) = 1 fist



Whole fruit

1 fruit = 1 fist



Fresh, frozen or canned fruit

1/2 cup (125 mL) = 1/2 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



100% fruit juice

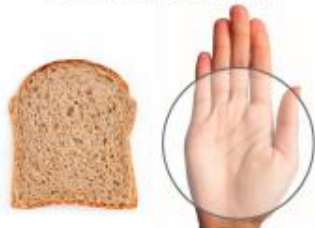
1/2 cup (125 mL) = 1/2 fist



Grains

Bread

1 slice = Size of hand



Bagel

1/2 small bagel = Size of hand



Rice

1/2 cup (125 mL) = 1/2 fist



Pasta

1/2 cup (125 mL) = 1/2 fist



Cold Cereal

30g = 1 fist



Dairy & Alternatives

Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



Yogurt

3/4 cup (175 mL) = 1 fist



Cheese

1 1/2 oz (50g) = 2 thumbs



Meats & Alternatives

Meat and Poultry

2 1/2 oz (75g) = Palm of hand



Fish

2 1/2 oz (75g) = Palm of hand



Peanut butter

2 tbsp (30 mL) = 2 thumbs



Nuts and seeds

1/4 cup (60 mL) = Cupped hand



Legumes

3/4 cup (175 mL) = 1 fist

