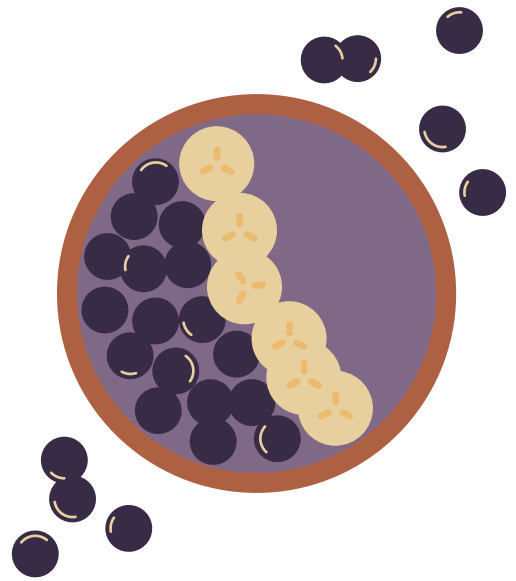


7 Feeding Tips FOR 3-5 YEAR OLDS

1 Variety

Offer a variety of foods like fruits, vegetables, whole grains, proteins, and healthy fats to introduce different tastes, colors, and textures, which helps broaden their palate. Make meals fun using shapes and colors, like arranging fruits and veggies into faces. You can also change up textures, for example, by including both whole and blended blueberries and bananas in a smoothie.

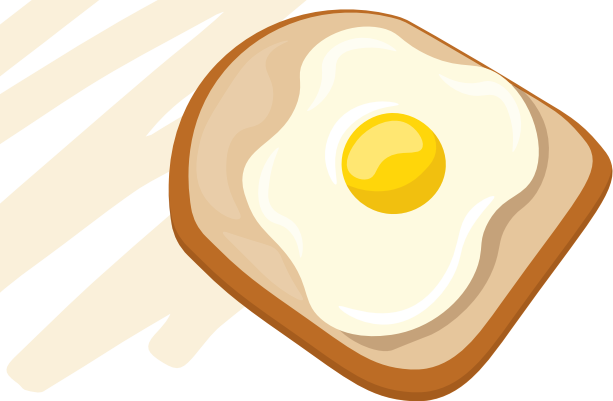


2 Routine

Have regular meal and snack times so they get used to the rhythm of eating and can recognize hunger and fullness.

3 Balanced: Combining 2-3 Food Groups for Snacks and Meals

- **Apple slices with almond butter** = fruit (apple), protein (almond butter or Wow Butter (nut-free option))
- **Cheese and whole-grain crackers** = dairy (cheese), grain (whole-grain crackers)
- **Yogurt parfait with berries and granola** = dairy (yogurt), fruit (berries), grain (granola)
- **Mini pita with hummus and cucumber** = grain (pita), protein (hummus), vegetable (cucumber)
- **Banana oat energy bites** = fruit (banana), grain (oats), protein (nut butter or seeds)
- **Vegetable quesadilla** = grain (tortilla), vegetable (bell peppers, spinach), dairy (cheese)
- **Smoothie with spinach and pineapple** = vegetable (spinach), fruit (pineapple), dairy/protein (yogurt or milk)
- **Vegetable muffins** = grain (flour), vegetable (carrot or zucchini), protein (egg)



4 Involve

Let them help wash veggies, stir ingredients (for example, muffin mix), or arrange food on the plate. This can make them more interested in what they helped make.



5 Limit Distractions

Turn off screens and minimize toys at the table to help them focus on eating. This helps them develop mindful eating habits.



6 Role Model

Kids watch and imitate, so let them see you enjoying a variety of healthy foods. When they see you eating and enjoying healthy food, they'll be more likely to try it too.

7 Picky Eating

It's common for kids to go through phases where they eat very little or are particular about what they eat. Keep offering healthy options without forcing, as their preferences will often change over time. Always remember, fed is best!