

PLEASANT DINNER TIME

CHECKLIST

How much food do kids need?

Daily requirements for a typical two-year-old:

- 3 oz of grains (1 oz is a slice of regular bread or 1/2 cup of pasta)
- 1 cup of vegetables (or 2 if it's lettuce or leafy greens)
- 1 cup of fruit (or half a cup of dried fruit)
- 2 oz of protein (1 oz is an egg or 1 tablespoon of peanut butter)
- 2 cups of dairy or soy

Daily requirements for a typical three-year old:

- 4-5 oz of grains
- 1.5 cups of vegetables
- 1.5 cups of fruit
- 2 cups of dairy or soy
- 3-4 oz protein

Additional Tips:

- Ensure child eats at a comfortable height (use a booster if needed).
- Use age-appropriate utensils that are easy to maneuver.

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Allow dinner time to revolve around the following rules:

- Offer only healthy choices throughout the day.
- Sitting at the table is required, eating is not.
- Eat as much or as little as you like.
- Everyone feeds themselves.
- No bribery allowed.
- Offer positive phrases such as “You are a healthy eater.”