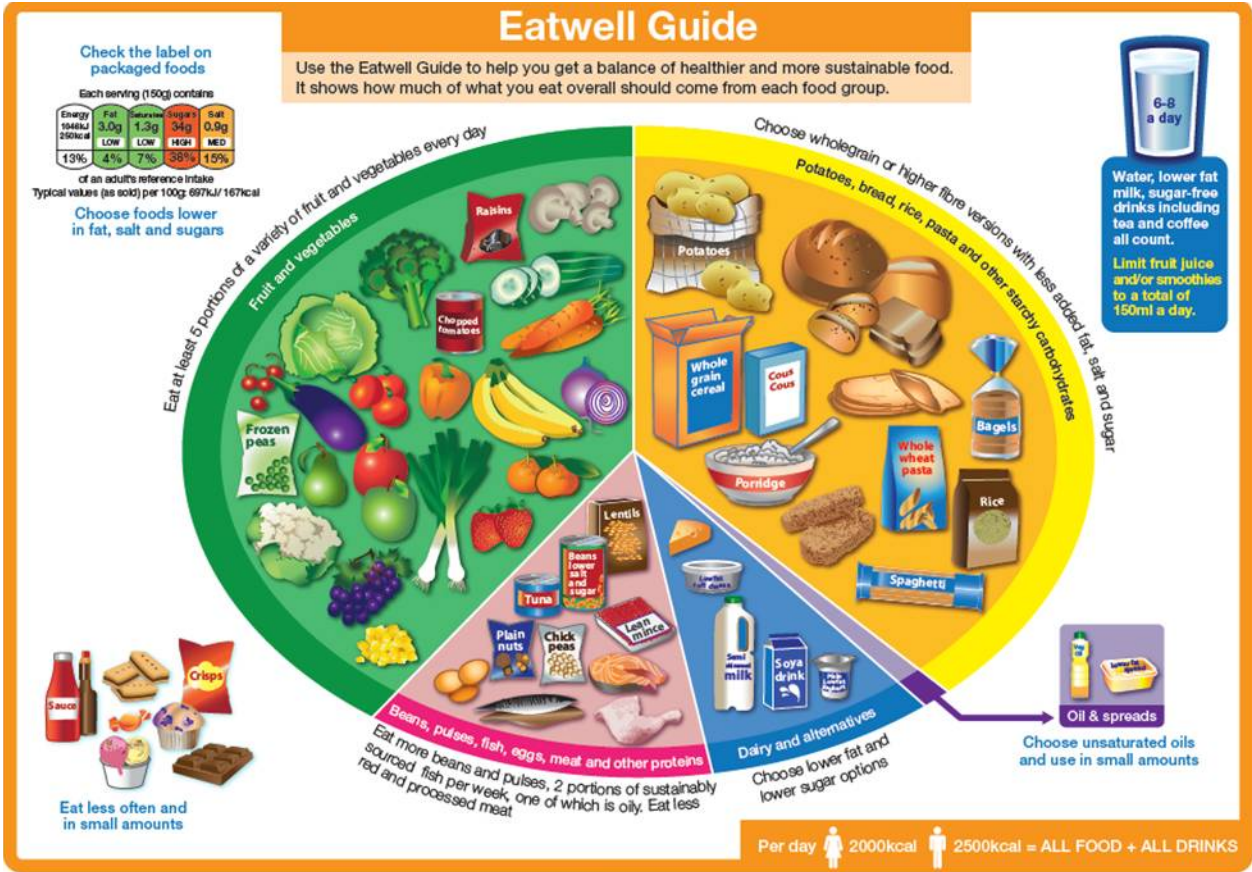




Top Tips Of The Week - Kid's Plates

1. **Parents control the supply lines** - you decide which foods to buy and when to serve them. Though kids will pester you for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry and they'll eat what's available in the cupboard and fridge at home
2. **From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. Schedule regular meal and [snack](#) times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.
3. **Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.
4. **Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.
5. **Rewrite the kids' menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.
6. **Water and milk are best .** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.
7. **Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

8. **Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.
9. Make sure your kid's plate is a balance of the entire food group – the picture below shows what the NHS considers to be a balanced plate.



Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 6	Portion Size for Ages 7 to 10
Fruits	2–3 servings	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ⅓ cup 100% juice	½ cup cooked, frozen, or canned 1 piece fresh ½ cup 100% juice
Vegetables	2–3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6–11 servings	½ slice bread ¼ cup cooked cereal, rice, or pasta ⅓ cup dry cereal 2–3 crackers	½ slice bread ⅓ cup cooked cereal, rice, or pasta ½ cup dry cereal 3–4 crackers	1 slice bread ½ cup cooked cereal, rice, or pasta ¾–1 cup dry cereal 4–5 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, or tofu ⅓ cup cooked beans 1 egg	2–3 ounces meat, fish, chicken, or tofu ½ cup cooked beans 1 or 2 eggs
Dairy	2–3 servings	½ cup milk ½ ounce cheese ⅓ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese ¾–1 cup yogurt