

Promoting Healthy Weights

for Children 2-5 years Old



Answer the following set of questions to find out if you are doing everything that you can to promote a healthy weight for your toddler or preschooler.

EAT HEALTHY FOODS TOGETHER, BE ACTIVE EVERY DAY AND LOVE YOUR OWN BODY. YOUR CHILD IS LEARNING FROM EVERYTHING THAT YOU DO.

For more information, contact Dial-A-Dietitian: Dial **811** or call toll-free: **1-800-667-3438**
Greater Vancouver: **604-732-9191**
Or visit www.dialadietitian.org

CHECKING IN...

- 1 Does your family eat meals together on most days?
- 2 Do you have meals and snacks at about the same times on most days?
- 3 How many servings of vegetables and/or fruit is your child offered per day?
- 4 Does your child drink more than 125 to 175ml ($\frac{1}{2}$ to $\frac{3}{4}$ cup) of juice each day?
- 5 How often does your child drink sugary drinks such as fruit drinks, drinks made from powder or crystals, pop, slushies, and iced tea?
- 6 How often does your family/child eat take-out food or eat out in restaurants?
- 7 How much time does your child spend each day watching TV, movies, playing video games, and on the computer?
- 8 How much time does your toddler/preschooler spend in active play? Active play is when your child is active and moving.
- 9 Are you a role model for healthy living?



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WHAT TO AIM FOR:

- 1 Eat together as a family 3 or more times per week. Children who eat meals with an adult are healthier, less likely to be overweight, and are more likely to learn better and have better social skills.
- 2 Establish regular meal and snack times. Children eat better when they know that there is a daily routine for meals and snacks.
- 3 Offer 4 or more servings of vegetables and fruit per day according to Canada's Food Guide.
 - 4 servings for children aged 2-3 years
 - 5 servings for children aged 4-5 years
- 4 Limit juice to 125 to 175 ml ($\frac{1}{2}$ to $\frac{3}{4}$ cup) per day. Children do not need juice. Water, 1% or skim milk, and fresh fruit are healthier choices.
- 5 Limit sugary drinks. Water, 1% or skim milk, and fresh fruit are healthier choices.
- 6 Save restaurant and take-out meals for special occasions. Restaurant meals and take-out foods are often unbalanced and have few vegetables and fruits. Preparing meals at home gives you more control to choose foods from Canada's Food Guide.
- 7 Limit screen time to less than 1 hour a day.
- 8 Aim for more than 90 minutes of active play each day. Regular active play each day helps to promote a healthy weight.
- 9 Enjoy healthy foods and fun activities with your children. Children learn from watching the adults in their life.

For more information see:

- *A Healthy Relationship with Food: To Promote Healthy Weights in Children 2-5 Years Old*,
- *Healthy Eating: To Promote Healthy Weights in Children 2-5 Years Old*, and
- *Active Play: To Promote Healthy Weights in Children 2-5 Years Old*.



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