

# 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.

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

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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](http://www.dialadietitian.org)**

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## 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 (1/2 to 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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