



Kohl's Start Childhood Off Right Initiative Feeding Guidelines

4 - 5 Year Olds

Your 4-5 year old is becoming more and more independent. They should be eating the same foods as the rest of the family. Offer nutritious foods in a calm environment.

WHAT SHOULD I OFFER THEM TO EAT EACH DAY?

Fruits and Vegetables (5 servings per day)

Ideas:

4-5 cut strawberries
½ cup of berries or chopped mango
½ cup of cooked broccoli, peas or corn

Grains: Rice, Oats, Bread... (3-5 servings per day)

Ideas:

1/2 cup of cooked rice or oatmeal
5 whole wheat crackers
½ cup of cooked pasta

Protein: Meat, Beans, Eggs... (2-4 servings per day)

Ideas:

1 ounce of cooked meat
1 tablespoon of peanut butter
¼ cup of lentils

Dairy: Milk, Cheese, Yogurt... (2-3 servings per day)

Ideas:

½ cup of milk
3-4 dice sized cubes of cheese
4 ounces of yogurt

TIPS

- 1 Offer a range of healthy foods and limit processed foods and sugary drinks.
- 2 Small portions for small children.
- 3 Offer regular mealtimes and sit and eat with your child. Try to have family mealtimes as often as you can.
- 4 Don't expect children to clean their plates.
- 5 Teach table manners.
- 6 Avoid desserts and sweets as a prize.
- 7 Kids do as you do and eat as you eat, so be good role models with healthy choices.
- 8 Turn off TV and screens during mealtimes and limit use of screens throughout the day.

Try to include your child in choosing foods and in the preparation of mealtime. Your 4-5 year old can help with setting the table, preparing snacks, and even with simple recipes.