

Think Beyond a Single Meal or Snack



Children's appetites can change from one meal or day to the next.

If children don't eat much at one meal, they usually eat more at other meals and snacks.

Let children decide how much they will eat of the food offered.

Plan regular meal and snack times each day. This gives children many chances each day to eat a variety of foods.

When offered a variety of vegetables and fruits, whole grain foods, and protein foods, children usually get the foods needed for healthy growth over time.

Keep in mind what a child eats over time, rather than how much they eat at one meal



For more information:

Visit AHS.ca/HealthyEatingStartsHere

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