



A Physical Activity Resource

FEEDING CHILDREN

You can lead a child to the table, but you can't make the child eat - nor should you! Parents and caregivers decide what foods are offered and when and where they are eaten. The child decides which offered foods to eat and how much he or she is going to eat. (Adapted from publications by Ellyn Satter.)

Feeding children

- Provide regular meals and snacks. Offer a variety of foods.
- Provide safe and comfortable seating. Small children may need an elevated seat to reach the table and food.
- Let the child serve part or all of the meal themselves.
- Encourage children to try new foods. Serving a new food with a favorite food may encourage tasting. It may take 15, 20, or even dozens of times for a child to accept a new food. **KEEP TRYING.**
- Don't force a child to eat.
- Food should not be used for a reward or punishment.
- Eat with children. They learn manners and eating behaviors from adults.
- Make meal times fun and interesting. Turn off the TV and eat together. Keep mealtime conflict free.



- Young children like plain, simple foods that can be finger-fed. Favorite foods are moist, smooth, crisp, mildly flavored, and at room temperature.
- Snacks should be nutritious and satisfying but not offered too close to mealtimes.
- What appears to be finicky behavior may be attempts at assertiveness, a natural part of growing up.
- Children are more likely to eat foods they helped prepare. Let them help plan a meal.
- At mealtime, include at least one food your child likes. Don't make different foods for individual family members.
- Most of all, relax. Enjoy this time you spend with your family.

The recipes on this factsheet are foods that children can help prepare with adult supervision. Check out our factsheet ***Cooking With Kids*** for more tips on how to cook safely and successfully with children.

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Quick & Easy Veggies and Dip

Yield: 8 Servings | Serving Size: 1/2 Cup Veggies & 1/6 Cup Dip

INGREDIENTS FOR DIP:

- 1 cup plain low-fat Greek yogurt
- ½ cup 1% milk
- 1 packet dry ranch seasoning mix

INGREDIENTS FOR VEGGIES:

- 1 cup baby carrots
- 1 cup celery sticks
- 1 cup cucumber, sliced
- 1 cup broccoli florets

- 1) Chop veggies.
- 2) Combine yogurt, milk, and seasoning packet in a mixing bowl and whisk until smooth.
- 3) Serve immediately or store in refrigerator for up to 1 week.

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup veggies and 1/6 cup dip (86g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 0mg	0%
Potassium 103mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fruit Dip

Yield: 8 Servings | Serving Size: 1 Cup Fruit & 1/8 Cup Dip

- ½ cup creamy peanut butter
- ¼ cup thawed, unsweetened orange juice concentrate
- ½ cup plain, low-fat yogurt
- 8 whole fruits, cut into dipping-sized pieces, such as apples, oranges, bananas, pears, etc.

- 1) Mix peanut butter, thawed orange juice concentrate, and yogurt in a jar. Close jar with a tight-fitting lid and shake. Chill.
- 2) Serve with prepared fruit slices.

Nutrition Facts	
8 servings per container	
Serving size	1 cup fruit and 1/8 cup dip (198g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 22g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 450mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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