

Major Food Groups:

*Strive to include one (1) food from each food group when planning snacks.

Vegetables & Fruits:

- Spinach
- Carrots
- Apples
- Oranges
- Grapes
- Avocado
- Bananas

Milk & Alternatives:

- 2% Milk
- Cheese
- 2% Milk pudding
- Fortified soy beverage
- Frozen Yogurt (as occasional desert)
- Drinkable Yogurt
- Yogurt

Meat & Alternatives:

- Seafood
- Poultry
- Lean meat (e.g. pork, beef)
- Cooked legumes (e.g. canned beans)
- Tofu
- Eggs
- Sliced Chicken or Turkey

Grain Products:

- Animal crackers
- Pasta
- Cereal
- Tortilla (preferably whole grain)
- Oatmeal
- Blueberry Bagel
- Bread (preferably whole grain)

*The highlighted example foods are currently being served to the children at the daycare facility.

How Much Should Our Toddlers Have?

Eating Well with Canada's Food Guide, encourages children aged 2-3 years old to consume four (4) servings of Vegetables and Fruits, two (2) servings of Milk and Alternatives, one (1) serving of Meat and Alternatives and three (3) servings of Grain Products per day.

Not sure how much is a serving? Check out Eating Well with Canada's Food Guide for more detailed descriptions at: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_ea_twell_vue_bienmang-eng.pdf

What Did We Find Out through Observation:

- Do not enjoy oranges
- Do not enjoy vegetables
- Snacks are not filling enough
- Not consistently offering an adequate amount of food from the Meat & Alternatives food group
- Enjoy grapes

Some of Our Concerns:

Oranges provide good source of vitamin C to prevent development of deficiency disease like scurvy.

Vegetables offer good source of fibre. Lack of fibre from can cause health issues since it is important in maintaining healthy bowel habits.

What Can We Do To Improve?

- ❑ Try integrating milk into breakfast cereals to promote intake of Calcium and Vitamin A
- ❑ Try using vegetable purees as a sauce base instead of fat-rich sauces that could contain unhealthy fats
- ❑ Try purchasing healthy cereals such as Fibre One or Cheerios, instead of sugary ones such as Frosted Flakes or Froot Loops to increase fibre intake
- ❑ Try pairing cheese with bread to make grilled cheese rather than simply putting butter or jam on toast to increase consumption of protein and Calcium
- ❑ For occasional desserts, try selecting more nutritious options such as frozen yogurt (e.g. vitamins from fruit-flavoured, iron from chocolate-flavoured, and protein and calcium from milk component) over candy (essentially pure sugar)
- ❑ Try to incorporate fruits such as berries into yogurt to increase vitamin and antioxidant intake
- ❑ Try to combine grains products such as bread and tortilla with foods from other food groups (e.g. lettuce, cheese and sliced turkey) to make a wrap or a sandwich to allow for consumption of nutrients from all food groups in a meal
- ❑ Try incorporating healthy foods with higher satiety index into children's diets so that they feel fuller for longer periods of time, decreasing likelihood of consuming unhealthy packaged snacks in between meals.

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Nutritional Snack Guide for Chuva

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