

# Healthy & Ready

## Developing **healthy habits** for young children

Give young children building blocks for healthy living by teaching them the importance of good nutrition and regular physical activity. Eating well and being physically active every day are keys to child health and well-being.

### Tips to help children develop healthy eating habits:

- ✓ Be a healthy role model and show by example.
- ✓ Re-think your drink – choose water.
- ✓ Talk with children about making smart food choices.
- ✓ Eat more meals at home. Involve children in meal planning, preparation and cooking. Children are more likely to eat what they help make.
- ✓ Get Moving! Make physical activity a part of every day.



## Recommendations for infants and toddlers (0-24 months):

- Breastfeed for at least the first year of life. Infants who are not breastfed should be given iron-fortified formula.
- No cow's milk until 12 months.
- Serve whole milk between 12 months and 2 years.
- No juice until 6 months of age.
- Limit juice to 4-6 fluid ounces per day.
- Only feed juice from a cup.
- Introduce new and healthy foods and wait 4 days between offerings in case of allergic reaction.
- Do not introduce foods with little nutritional value.



## Recommendations for toddlers and young children (2-5 year olds):

**FRUITS AND VEGETABLES:** Two servings daily. These may be given as snacks, such as apple or carrot slices.

**WHOLE GRAINS:** Four servings daily. Examples: multigrain toast for breakfast, a sandwich on wheat bread for lunch and brown rice or another whole grain for dinner.

**MILK AND DAIRY:** Three servings daily. These can include cheese, yogurt and milk.

**PROTEIN:** Two servings daily. Encourage children to try a variety of proteins, such as turkey, eggs, fish, chicken, and baked beans.

## BEST PRACTICES

### for Healthy Eating in Child Care:

- High fat, high sugar, and high salt foods are served less than one time per week or not at all.
- Sugar sweetened beverages are not served.
- Children older than two years are served reduced fat milk (skim or 1%).
- Clean, sanitary drinking water is available for children to serve themselves throughout the day.
- Nutrition education is offered to child care providers at least one time per year.
- Juice is limited to a total of 4-6 ounces or less per day for children over one year of age.
- Do not use food as a reward or punishment.
- Nutrition education is offered to children at least three times per year.
- At least one child care provider sits with children at the table and eats the same meals and snacks.
- Encourage, but do not force, children to eat.



# Durham Community Resources

## Durham County Health Department

414 East Main Street  
919-560-7600

## Durham YMCA

218 Morgan Street  
919-667-9622

## Food Bank of Durham County

708 Gilbert Street  
919-956-2513

## Durham County Library

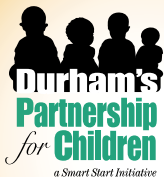
300 N. Roxboro Street  
919-560-0100

## SEEDS

A non-profit community garden-based program  
706 Gilbert Street  
919-683-1197

## Durham County Cooperative Extension

721 Foster Street  
919-560-0525



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