Grains and Starchy Foods

Grains and starchy foods like rice noodles, bread, tortillas, and potatoes are often eaten at every meal. They give the body energy. But they don’t give all the nutrition that is needed. Fruits and vegetables and protein foods need to be added.

Also follow any recommendations you have received from a health professional.
Healthy Eating for Children

Small changes in eating can make a big difference to a child’s health.

Fruits and Vegetables

☑ To start, try to give your child a fruit or vegetable once a day.
   *(A portion is about the size of your child’s fist.)*

What are some fruits and vegetables you could use?

How could you get them?

☑ When you can, give your child fruits or vegetables at every meal. It is good if a child can get 5 portions of fruits or vegetables a day.

Protein Foods

☑ To start, try to give your child a protein food once a day.
   *(A portion is about the size of your child’s fist.)*

What are some protein foods you could use?

How could you get them?

☑ When you can, give your child a protein food at every meal.

Other ideas or questions

If your family is having problems getting these foods, please talk with your ministering brothers or sisters.