

DID YOU KNOW?

Preschoolers need more fat in their diets than adults because young children have small appetites but need a lot of energy for their bodies and brains to grow.



Foods such as nut butters, avocados, cheese, eggs, higher-fat yogurts, and milk are great choices because they also have many important nutrients. Limit high-fat foods such as chips and other snack foods that have few nutrients.

Remember to offer foods from all four food groups at every meal!

1. Vegetables and Fruit
2. Grain Products
3. Milk and Alternatives
4. Meat and Alternatives