



MyPyramid for Preschoolers Making Your Job Easier

MyPyramid for Preschoolers is for parents and caregivers of preschoolers ages 2-5. We encourage professionals to share this in-depth resource. Here are a few highlights of the site.

Addresses Common Concerns



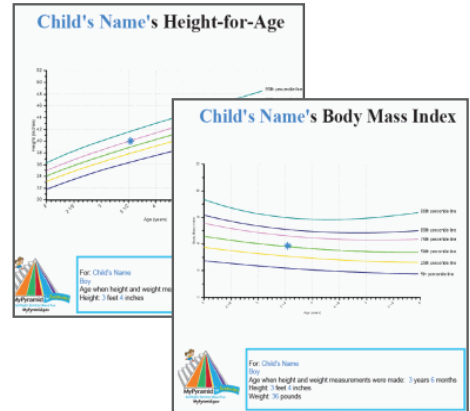
"Michael won't eat anything green, just because of the color" or "Ebony will only eat peanut butter sandwiches!" Combines expert guidance and real-life suggestions for parents and caregivers about their important role in helping their children develop healthy eating habits. "Mom-tested" messages communicate the information effectively to parents and caregivers.

Cook together. Eat together. Talk together. Make mealtime a family time!

Body Mass Index and Height-for-Age Calculators



Users simply enter the child's height, weight, and age to receive a user friendly graph. It's ready to print and bring to their preschooler's next doctor's appointment.




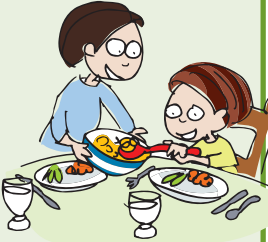

Customized MyPyramid Plan

Parents and caregivers enter age, gender, and activity level to get a customized eating pattern of MyPyramid Plan for their preschooler. Serves as a guide for what and how much to offer from the food groups each day.

Sample Meal and Snack Patterns

Each MyPyramid Plan calorie level has two different sample Meal and Snack Patterns. These give examples of how the MyPyramid Plan can be divided into meals and snacks. Also provides ideas to help plan meals for preschoolers.

Features of MyPyramid for Preschoolers WEBSITE

<p>MyPyramid Plan for Preschoolers</p>	<p>Gives parents a customized eating plan for their preschooler, based on the child's age, gender, and physical activity level. Includes a colorful, personalized printout of the MyPyramid Plan and links to information about each food group, snacks, beverages, salt, and "extras" (solid fats and added sugars).</p>
<p>Growth during the Preschool Years</p>	<p>Provides information about influences on growth and an option to enter the child's height, weight, and age to obtain a customized growth chart. Both Body Mass Index and Height-for-Age charts can be selected, viewed, and printed.</p>
<p>Developing Healthy Eating Habits</p> 	<p>Offers a wealth of advice to answer common questions from parents. Topics in this section include:</p> <ul style="list-style-type: none"> ● Setting a Good Example ● Offering a Variety of Foods ● Helping Children Know When They've Had Enough ● Follow a Meal and Snack Schedule ● Making Mealtime a Family Time ● Coping with Picky Eating ● Helping Children Eat New Foods ● Kitchen Activities Preschoolers Can Help With ● Behavioral Milestones Related to Eating 
<p>Physical Activity</p> 	<p>Helps parents identify what types of physical activity are appropriate for preschoolers and why physical activity is important at this age.</p> <p>Stresses that parents need to serve as role models not just in healthy eating behaviors, but in physical activity as well. Lists ideas for family activities, age-appropriate activities, and indoor activities.</p>
<p>Food Safety</p>	<p>Provides both general food safety advice and specific messages for preschoolers. Includes information on the importance of hand washing, foods that should be avoided, and foods that can be choking hazards.</p>
<p>Sample Meal and Snack Patterns</p>	<p>Shows two examples of a meal and snack pattern to demonstrate how a MyPyramid Plan (which gives daily amounts) can be divided into three meals and two snacks. These are presented as amounts from each food group in the meal or snack.</p> <p>For each pattern, includes three menu ideas for each meal or snack in the pattern.</p> 