

Prescription for Health for: _____

Simple ways to keep your 2 year old healthy:



Eating and Drinking

- Explore new vegetables with your child favorite vegetable is: _____.
- Choose the plate method to portion your child's food.
- Offer 1% or fat-free milk or water.
- Limit or eliminate juice, soda, vitamin water, sports drinks and other sugary drinks.
- No bottle use. Offer cup instead.
- Offer lower fat foods at each meal, and cook with less fat.
- Eat as a family at least 5 times each week (TV off!)
- Eat at home! Decrease fast food and eating at restaurants.

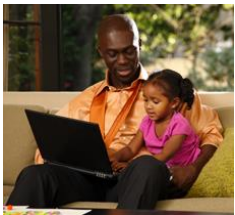


Playing Outside

- Play 60 minutes each day.
- On weekends, take the family to a local park or nature area
- Play your favorite sport with family

Playing Inside

- Play music and dance with your child.
- Buy a nerf hoop and play basketball
- Play games: hide-n-seek, mini obstacle course, play chase



Screen time

- No more than 1-2 hours TV, computer or video games, children learn best through play!
- Remove TV from bedroom, read a book instead!

More Healthy Ideas

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Provider Signature

Want to learn more?

Parenting Challenges. Free Classes for 2-5 years old. Topics for parents on: Toilet Training, Positive Parenting, Sleep and Picky Eating. To register call 510-784-4344.

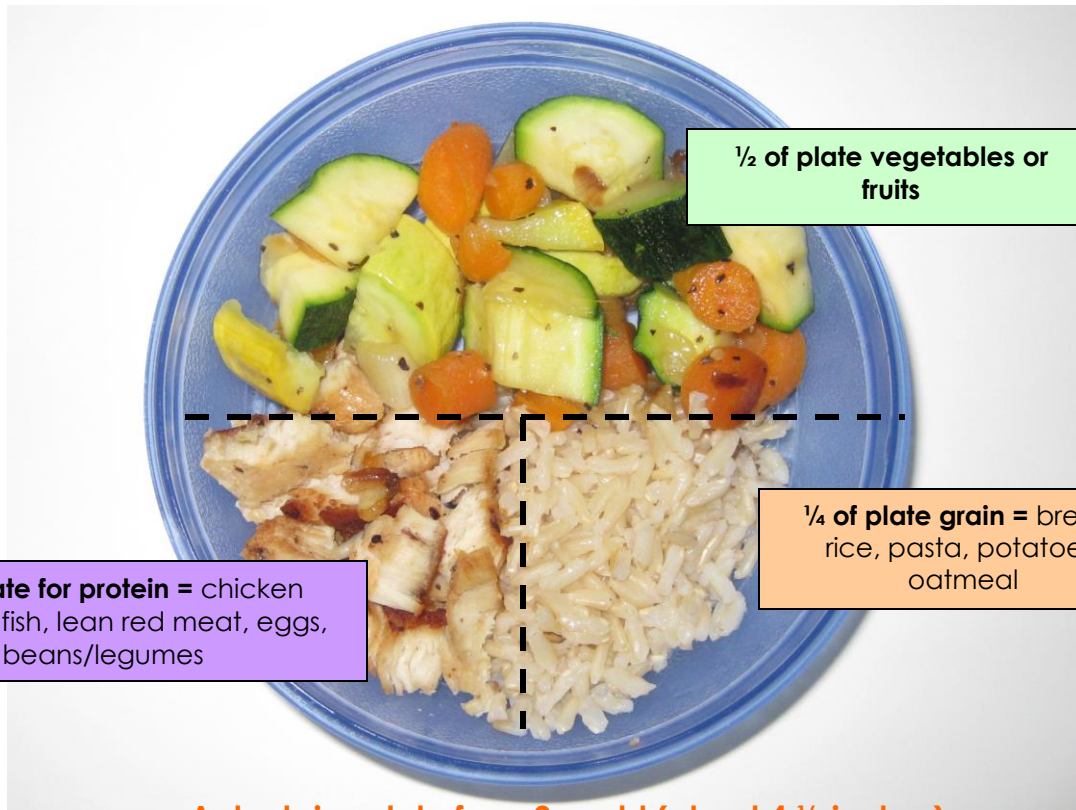
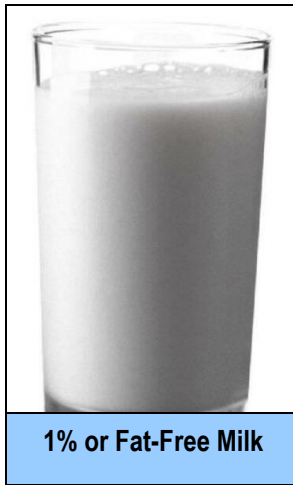
Move, Dance Play Group. Free class. Learn to be active with your child indoors. To register call 510-784-2093.

2 YEAR Class- Free class scheduled with 2 year doctor visit. Topics: nutrition, growth & development & potty training. To register call 510-784-2093.

Register for kp.org and visit your Doctor's Homepage. Sign up for Healthy Kids Online Newsletter.

Make the Plate Method work for your 2 year old

A simpler way to choose healthy portion sizes for your child



Actual size plate for a 2 yr old (about 4 1/2 inches)

Sample Menu

	Breakfast	Lunch	Dinner	Snacks (Choose no more than 1-2 each day)
Grains	1/3 cup cooked oatmeal	1/3 cup brown rice	1/3 cup whole wheat pasta	slice of whole wheat bread
Vegetable or Fruit	1/2 cup chopped fresh fruit	squash & tomatoes	green beans & carrots	whole grain crackers
Protein	1 egg	2 Tbs shredded chicken	2 Tbs shredded beef	chopped fresh fruit
Dairy	4oz 1% or fat-free milk and/or 4oz plain yogurt	4oz 1% or fat-free milk	4oz 1% or fat-free milk	1/4 whole fruit
				beans
				1 egg
				4oz plain yogurt
				1oz cheese