

# Prescription for Health

## Simple ways to keep your 2-year-old healthy



Kaiser Permanente • Southern Alameda County • Health Education Department

### Eating and Drinking

- Explore new vegetables with your child.
- Choose the plate method to portion your child's food.
- Offer 1% or low-fat milk or water.
- Limit or eliminate juice, soda, vitamin water, sports drinks, all 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; dance with your child.
- Buy a small 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!

### Affirming Talk with your Child

- "You are so important to me." "I am so lucky that you are my child."
- "I am always here for you." "You are the best thing in my world." "I love you."

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Provider Signature

### Want to learn more?

**Thriving Toddler Class.** Families learn about improving nutrition and increasing activity.

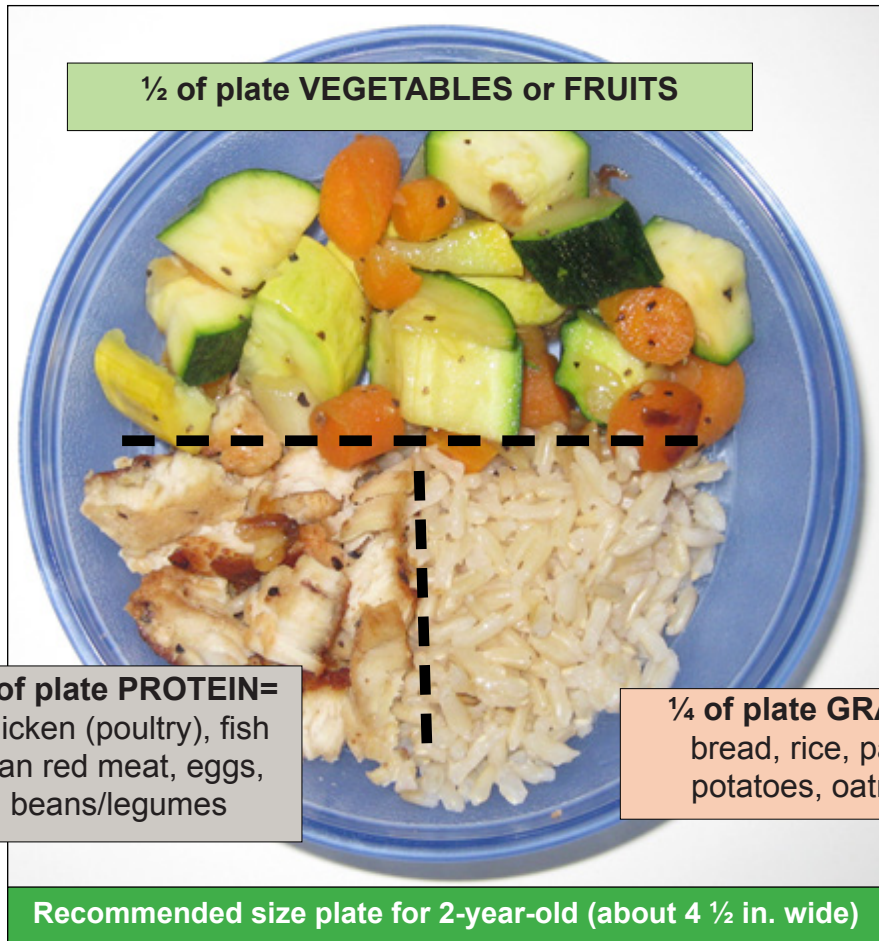
**Picky Eating Class.** Learn about normal eating challenges.

To register for all classes, call the Healthy Living Center at 510-248-3455 or 510-454-4531.

**Register for [kp.org](http://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



|                    | Breakfast  | Lunch                   | Dinner                    | <b>Snacks</b><br><b>(Choose no more than 1-2 each day)</b> <ul style="list-style-type: none"> <li>• slice of whole wheat bread</li> <li>• whole grain crackers</li> <li>• chopped fresh fruit</li> <li>• ¼ whole fruit</li> <li>• beans</li> <li>• 1 egg</li> <li>• 4oz plain yogurt</li> <li>• 1oz cheese</li> </ul> |
|--------------------|--|-------------------------|---------------------------|---|
| Grains             | 1/3 cup cooked oatmeal                                       | 1/3 cup brown rice      | 1/3 cup whole wheat pasta |   |
| Vegetable or Fruit | ½ cup chopped fresh fruit                                    | squash & tomatoes       | green beans & carrots     |   |
| Protein            | 1 egg  | 2 Tbs shredded chicken  | 2 Tbs shredded beef       |   |
| Dairy              | 4oz 1% or fat-free milk<br><i>and/or</i><br>4oz plain yogurt | 4oz 1% or fat-free milk | 4oz 1% or fat-free milk   |   |