

Nutritional Guide for Parents

When it comes to providing meals for your children, it is important to make sure they are healthy, balanced, and meet the guidelines set by the Child and Adult Care Food Program (CACFP). Here are some tips and guidelines to help you create nutritious meals and snacks for your kids:

1. **Include a variety of fruits and vegetables:** Fruits and vegetables are packed with vitamins, minerals, and fiber that are essential for your child's growth and development. Aim to include a variety of colorful fruits and vegetables in your child's meals and snacks.
2. **Choose whole grains:** Whole grains are a great source of fiber and essential nutrients like iron and B vitamins. When choosing bread, cereal, pasta, and other grains, look for whole grain options.
3. **Provide lean protein sources:** Protein is important for building and repairing tissues, and it also helps keep your child feeling full and satisfied. Choose lean sources of protein like chicken, turkey, fish, beans, and tofu.
4. **Limit added sugars and fats:** Too much sugar and fat can lead to health problems like obesity and type 2 diabetes. Limit your child's intake of sugary drinks and snacks, and choose healthy fats like olive oil, nuts, and avocados.
5. **Offer milk with meals:** Milk is an important source of calcium and vitamin D, which are essential for building strong bones. Include milk with your child's breakfast and lunch to ensure they are getting enough calcium.
6. **Encourage physical activity:** In addition to providing nutritious meals, it is important to encourage your child to be physically active. Set aside time each day for your child to play and be active, whether it's playing outside, going for a walk, or playing a game of tag.

By following these guidelines, you can ensure that your child is getting the nutrients they need for healthy growth and development, while also encouraging them to be active and healthy.