



## Think beyond a single meal or snack!

Children's appetites can change from one meal or day to the next.

If they don't eat much at one meal, they usually eat more at other meals and snacks. Let children decide how much they will eat of the food offered.

### Plan regular meal and healthy snack times each day.

This gives kids many chances each day to eat a variety of healthy foods.

When offered healthy choices, children usually get the foods needed for healthy growth over time.



***Keep in mind what a child eats over time, rather than how much food is eaten at one meal.***