

Is My Child Eating Right?

Parents of young children often wonder whether their child is getting the proper amount of nutrition when they are away at daycare or school.

These parents should start by asking: Is my child growing well? Does he or she have enough energy to play and learn? If so, he or she is probably eating enough. Your child's doctor, pediatric nurse or registered dietitian can help you monitor growth and development by plotting the child's progress on a growth chart.

The other question to ask: Is your child eating a variety of foods and enough from the five food groups of MyPyramid (Bread/Grains, Dairy, Fruits, Meat/Protein and Vegetables)? If so, he or she is probably getting enough nutrients to grow well.

One appropriate theme is to "Pick 5 And Have Some of Each" which encourages variety without overeating. This is a theme that would serve one well throughout an entire lifetime.