

NUTRITION TIDBITS FOR TEACHERS

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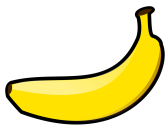


What to serve at LUNCH AND DINNER: Meal Requirements for Preschoolers.

Children who eat well do better in school. Offering balanced meals gives children a chance to eat better.

At lunch and dinner, a balanced meal has 5 parts. Do you know what they are?

5 parts of a balanced meal



1) Fruit

- The main nutrients in most fruits are vitamin C, potassium and fiber.
- Children age 1-2 need to be offered
 - 1/8 cup at lunch a dinner



2) Vegetable

- Vegetables are full of potassium and many different vitamins and minerals.
- It's good to eat a variety of different colors to get all the different vitamins.
- Children age 1-2 need to be offered
 - 1/8 cup at lunch and dinner



3) Grain

- Grains provide B vitamins, fiber and energy.
- Choose 100% whole wheat options when possible.
- Children age 1-2 need to be offered
 - 1/2 oz equivalent at lunch and dinner
 - (i) 1/2 slice bread or 1/4 of a bagel or 4 saltine sized crackers
 - (ii) 1/4 cup noodles, cereal or rice



4) Protein

- Protein foods contain minerals like iron, zinc, magnesium and selenium.
- Children age 1-2 need to be offered
 - 1 oz at lunch and dinner
 - (i) 1 slice of lunch meat, 1 piece of meat the size of a small matchbox
 - (ii) 2 tablespoons peanut butter, 1/4 cup beans, 1 cheese stick size of cheese



5) Dairy

- Dairy foods are the best source of calcium and vitamin D.
- Children age 1-2 need to be offered
 - 4 oz of milk at lunch and dinner
 - (i) 4 oz is 1/2 cup