



## Food for young children

- Offer young children the same healthy foods as the family, with a variety of textures and flavours.
- Provide a variety of food each day including:
  - vegetables, beans and legumes
  - fruits
  - grains and cereals
  - meat, fish, chicken, eggs, legumes
  - full-fat dairy products such as milk, cheese and yoghurt.



- Regular mealtime routines are important for young children to learn about family foods and traditions. Offer three small family meals and 2-3 snacks each day. Sit down together as a family during meals so your child learns about mealtime routines and family foods. Be a good example — your child learns to eat watching parents, grandparents, brothers and sisters.
- Encourage your child to feed themselves. For safety, stay with your child while eating to avoid choking.
- Give drinks of water and milk in a cup. Some children may also still be breastfeeding.
- Stop bottles with milk or sweet drinks as these can cause problems with teeth and appetite for foods. Sweet drinks such as fruit juice, soft drinks, flavoured water, mineral water, cordial, syrups, fruit drinks, energy drinks and flavoured milk are not recommended.
- Limit foods such as confectionary, chocolate, biscuits, high fat snacks and takeaway foods.
- Even if refused, keep offering new foods as it may take time for your child to accept them.
- Enjoy mealtimes together.

### Nutrition

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## 幼儿的食物

- 给幼儿与家人一样的健康食品，在质地和味道上做到多样化。
- 每天提供多样的食物，其中包括：
  - 蔬菜和豆类蔬菜，豆类
  - 水果
  - 谷物和麦片
  - 肉类、鱼、鸡肉和鸡蛋
  - 全脂乳制品，比如牛奶，乳酪和酸奶。



- 规律的用餐时间是很重要的，因为幼儿要学习家里的食物和习惯。每天三餐小份食物以及两至三次加餐。在用餐时间让孩子与家人坐在一起，这样孩子能学会进餐规律和家里的食物。一定要做好榜样——孩子是通过观察父母、祖父母和兄弟姐妹来学习吃饭的。
- 鼓励孩子自己进食。为安全起见，进食时一定要在孩子身边，以避免哽咽。
- 将水或牛奶放在杯中。有些孩子可能还没有断奶。
- 停止用奶瓶喂奶或甜饮料，因为这些会导致牙齿问题和对食物的胃口。甜饮料包括果汁、软饮料、调味水、矿泉水、浓缩果汁、糖浆、果味汽水、能量饮料和调味牛奶，这些都是不建议喂食的。
- 有些食品需要限量，比如糖果、巧克力、饼干、高脂肪零食和外卖食品。
- 即使孩子拒绝进食，也要继续尝试给他们新的食物，因为孩子需要时间来接受。
- 请享受一起用餐的时间。

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