Scheduling Meal and Snack Times Is Important!

Offer 3 healthy meals and 2 to 3 snacks at about the same time each day.

If your child is not hungry at meal time, he or she might have filled their tummy with sweets, juice, milk, or snacks.

Try to avoid serving snacks too close to meal time.

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¡Planificar los horarios de las comidas y los refrigerios es importante!

Ofrezca 3 comidas saludables y de 2 a 3 refrigerios aproximadamente a la misma hora todos los días.

Si su hijo no tiene hambre a la hora de comer, es posible que haya llenado su estómago con dulces, zumo, leche o aperitivos.

Intenta evitar servir aperitivos demasiado cerca de la hora de la comida.

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