

# Feeding that finicky child

Does a picky 3 to 5-year-old have you worried? Children do need to eat fruits and vegetables, but the portion size needed is small, says Sarah Hinton, extension nutrition specialist, North Carolina State University.

The average 3-to-5-year-old needs 3-to-5 tablespoons of dark green or deep yellow vegetables every other day. This could be greens, broccoli, pumpkin, carrot, cantaloupe, apricots or sweet potatoes.

Children need one serving of a good source of vitamin C foods each day. A serving is 1/2 to 1/4 cup of citrus fruit or juice, green pepper, cantaloupe, strawberries, broccoli or brussels sprouts. If these aren't available, give two servings of melons, greens, lemons, tomatoes, cabbage, tangerines or potatoes cooked in the skin.

The preschooler should also eat one to three servings of other fruits and vegetables each day. A serving is 3 to 5 tablespoons.

care, say extension clothing specialists at North Carolina State University. Brushing against the pile will help restore areas crushed through wear. A steam iron or hand steamer can also be used to remove creases and restore the plush appearance. Or hang the garment in the bathroom while showering

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