

# NutriSTEP® Screening

## Preschooler Findings: 2016-2017

NutriSTEP® is a valid and reliable nutrition screening tool for preschoolers aged 3 - 5 years.

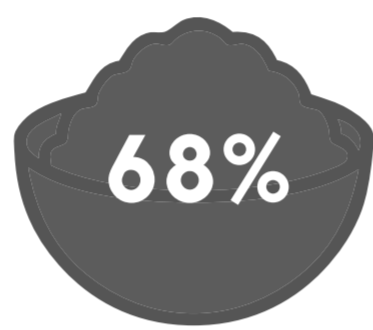
Many preschoolers are not eating enough:



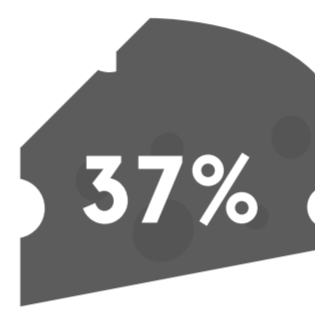
fruit



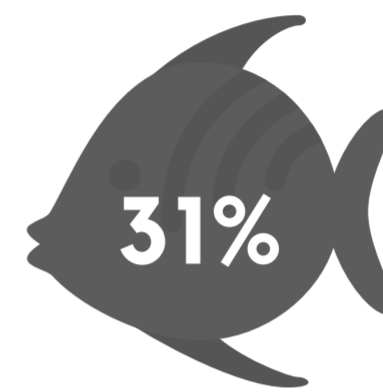
veggies



grains



milk &  
alternatives



meat &  
alternatives

35%

of preschoolers are not deciding for themselves *how much* to eat

73%

of preschoolers get *too much* screen time

Screen time should be no more than one hour for preschoolers

## Things you can do

- ✓ Offer foods from 3 - 4 food groups at meals and 2 food groups at snacks
- ✓ Trust your child's hunger and fullness cues
- ✓ Eat meals together and away from screens
- ✓ Visit [nutritionscreen.ca](http://nutritionscreen.ca) to see how your child is doing

# NutriSTEP® Screening

## Toddler Findings: 2016-2017

NutriSTEP® is a valid and reliable nutrition screening tool for toddlers aged 18 - 35 months.

Many toddlers are not eating enough:



28%

of toddlers *still* drink from a baby bottle with a nipple

48%

of toddlers eat while being distracted

58%

of toddlers get *too much* screen time

Screen time is not recommended for kids under 2 years

## Things you can do

- ✓ Offer foods from 3 - 4 food groups at meals and 2 food groups at snacks
- ✓ Offer liquids in an open cup
- ✓ Eat meals together and away from distractions
- ✓ Visit [nutritionscreen.ca](http://nutritionscreen.ca) to see how your child is doing