



Sample Menu

BREAKFAST

- 1 cup reduced milk (use 1/4 in cereal)
- 1/2 cup dry cereal
- 1 small banana

SNACK

- 3/4 cup orange juice
- 3 graham crackers

LUNCH

- 1 tuna sandwich on whole wheat bread
- 2 slices tomato
- 1/2 cup sliced apples
- 1 cup fat reduced milk

SNACK

- 1 tablespoon peanut butter on 1 slice of whole wheat toast
- 4-5 carrot sticks
- 3/4 cup water

SUPPER

- 2 ounces baked chicken
- 1/2 cup green beans
- 1/2 cup potatoes
- 1 whole wheat roll
- 1 cup fat reduced milk



Tips for Feeding your Child

- Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
- Children like eating with the family and want to eat what you eat. Set a good example for your child.
- Let your child's appetite be your guide because it may vary from day to day. Don't force your child to eat.
- Children need healthy snacks between meals.
- Tastes change, foods once refused may later be accepted. Keep offering different foods to your child.
- Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
- Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped prepare.
- Active play and exercise should be encouraged every day. This helps your child grow in a healthy way.

Adapted from Tennessee Department of Health

Foods

FOR YOUR CHILD

4-8 years

TIPS



What is a Child-Size Portion?

GRAINS

- 1 slice bread or tortilla
- 1/2 cup rice or pasta
- 1/2 cup cooked cereal
- 1/2 cup dry cereal
- 3 to 4 small crackers

VEGETABLES

- 1/2 cup raw or cooked vegetables

FRUITS

- 3/4 cup fruit juice
- 1 small fruit
- 1/2 cup fruit

MILK

- 1 cup reduced fat milk
- 1/2 cup yogurt
- 1 1/2 slices cheese
- 1/2 cup ice cream
- 1/2 cup frozen yogurt
- 1/2 cup pudding
- 1/2 cup cottage cheese

MEAT

- 2 ounces meat, poultry, or fish
- 2 eggs
- 1/2 cup cooked beans or peas
- 2 tablespoons peanut butter



Your child's guide to healthy eating and physical activity!

GRAINS

At least half of grains should be whole grains

4 to 6 ounces a day

1 ounce =

1 cup ready to eat cereal

1/2 cup cooked cereal

1/2 cup cooked rice or pasta

1 small biscuit or muffin

1 slice bread

1 roll

7 crackers

1 small piece cornbread

1 pancake

1 flour or corn tortilla (6 inches)

VEGGIES

Go for the colors

1 to 2 1/2 cups a day

1 cup =

1 cup raw, cooked vegetables

1 cup vegetable juice

2 cups raw, leafy vegetables

FRUITS

Choose from fresh, frozen, dried or canned

1 to 2 cups a day

1 cup =

1 fruit or 100% fruit juice

1/2 cup dried fruit (1 small fruit)

Limit fruit juice to 1/2 to 3/4 cup a day



MILK

Feed your child's bones high calcium foods

3 cups a day

1 ounce =

1 cup fat reduced milk

1 cup yogurt

1 1/2 ounces hard cheeses

2 ounces American cheese

2 cups cottage cheese

1 cup pudding

1 cup frozen yogurt

Fat reduced milk and fat reduced milk products are best

MEATS & BEANS

Go lean

3 to 5 ounces a day

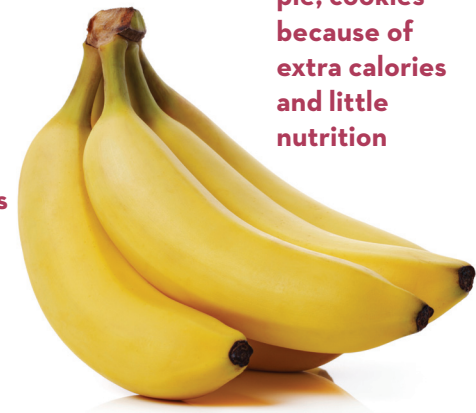
1 ounce =

1 ounce cooked meat, fish, or poultry

1 egg

1/4 cup cooked dry beans/peas

1 tablespoon peanut butter



FATS & SWEETS

Go lightly

4 to 6 teaspoons of fat

1 teaspoon =

1 teaspoon margarine or vegetable oil (canola or olive oil is best) or mayonnaise

2 teaspoons salad dressings

Go lightly on sugars and sweets like cake, candy, pie, cookies because of extra calories and little nutrition