



## Sample Menu

### BREAKFAST

- 3/4 cup reduced milk (use 1/4 in cereal)
- 1/3 cup dry cereal
- 1/2 small banana

### SNACK

- 1/2 cup orange juice
- 2-3 graham crackers

### LUNCH

- 1/2 turkey sandwich on whole wheat bread
- 1/4 cup green beans
- 1/4 cup carrots
- 1/4 cup sliced peaches
- 1/2 cup milk

### SNACK

- Small muffin
- 1/2 cup milk\*

### SUPPER

- 1 ounce baked chicken
- 1/4 cup mashed potatoes
- 1/4 cup cooked broccoli
- 1 whole wheat roll
- 1/2 cup milk

\* offer reduced fat milk after 2 years of age



## Tips for Feeding your Child

- Mealtime should be a relaxed and happy time. Good mealtime behavior should be rewarded with a hug or favorite activity.
- Let your child's appetite be your guide. Don't force your child to eat. It is normal for a child's appetite to vary from day to day. Don't be too concerned if your child is fussy and refuses to eat.
- Expect your child's growth and appetite to slow down around 2 years of age.
- During preschool years, your child may want to eat the same foods for several days. Don't worry, usually these "food jags" are short lived.
- Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

Adapted from Tennessee Department of Health

# Foods

## FOR YOUR CHILD

1-3 years

### TIPS



## What is a Child-Size Portion?

### GRAINS

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

### VEGETABLES

- 1/4 cup raw or cooked vegetables

### FRUITS

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

### MILK

- 1/2 cup milk\*
- 1/4 cup yogurt
- 1 slice cheese
- 1/4 cup frozen yogurt or ice cream
- 1/4 cup pudding
- 1/4 cup cottage cheese

### MEAT

- 1 ounce meat, poultry, or fish
- 1 egg
- 1/4 cup cooked beans or peas

Serve the above child-size portions. Let your child ask for seconds. Nuts, peanut butter, raisins, whole grapes, and hot dogs can cause choking and are not recommended for children under three.



## 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 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
- 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**

### BALANCE FOOD/ PHYSICAL ACTIVITY

Your child needs to be physically active for 60 minutes most days of the week. The amount of food your child needs is based on age, gender, and how active he/she is each day. These are general recommendations. Talk with your nutritionist about your child's needs.

### MILK

*Feed your child's bones high calcium foods*

**3 cups a day**

**1 ounce =**

- 1 cup 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

### 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**



\* offer reduced fat milk after 2 years of age