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 place and exercise should be encouraged every day. This helps your child grow in a healthy way.

Adapted from Tennessee Department of Health

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

Foods FOR YOUR CHILD

4-8 years

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Adapted from Tennessee Department of Health
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
- 1/2 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

**VEGGIES**
- Go for the colors

**FRUITS**
- Choose from fresh, frozen, dried or canned

**MILK**
- Feed your child's bones high calcium foods

**MEATS & BEANS**
- Go lean

**FATS & SWEETS**
- Go lightly

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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

**VEGGIES**
- Go for the colors

1 to 2 1/2 cups a day

**FRUITS**
- Choose from fresh, frozen, dried or canned

1 to 2 cups a day

**MILK**
- Feed your child's bones high calcium foods

3 cups a day

**MEATS & BEANS**
- Go lean

3 to 5 ounces a day

**FATS & SWEETS**
- Go lightly

4 to 6 teaspoons of fat

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1 cup =
- 1 cup raw, cooked vegetables
- 1 cup vegetable juice
- 1 cup ready to eat cereal
- 1 cup cooked cereal
- 1 cup cooked rice or pasta
- 1 small biscuit or muffin
- 1 small piece cornbread
- 1 pancake
- 1 flour or corn tortilla (6 inches)

**FRUITS**
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1 to 2 cups a day

**MILK**
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**MEATS & BEANS**
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Limit fruit juice to 1/2 to 3/4 cup a day

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**MEATS & BEANS**
- Go lean

3 to 5 ounces a day

**FATS & SWEETS**
- Go lightly

4 to 6 teaspoons of fat

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

**FAT REDUCED MILK AND FAT REDUCED MILK PRODUCTS ARE BEST**

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