

Sample Menu

BREAKFAST

$\frac{1}{4}$ cup dry cereal
 $\frac{3}{4}$ cup milk* (use $\frac{1}{4}$ cup in cereal)
 $\frac{1}{2}$ banana

SNACK

2 to 3 graham crackers
 $\frac{1}{2}$ cup orange juice

LUNCH

$\frac{1}{2}$ turkey sandwich on whole wheat bread
 $\frac{1}{4}$ cup green beans
 $\frac{1}{4}$ cup carrots
 $\frac{1}{4}$ cup sliced peaches
 $\frac{1}{2}$ cup milk*

SNACK

Small muffin
 $\frac{1}{2}$ cup milk*

DINNER

1 ounce baked chicken
 $\frac{1}{4}$ cup mashed potatoes
 $\frac{1}{4}$ cup cooked broccoli
1 whole wheat roll
 $\frac{1}{2}$ cup milk*

*Offer fat free or low fat milk after your child is 2 years old.

If your child gets thirsty between meals and snacks,
offer water or 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.

- Mealtime should be a relaxed and happy time. Reward good mealtime behavior with a hug or favorite activity.
- Let your child's appetite be your guide because your child's appetite may vary day to day. Don't force your child to eat.
- Expect your child's growth and appetite to slow down around 2 years of age.
- 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.

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FOODS

For

Your

CHILD



For
Ages
1 - 3

<http://health.tn.gov/wic>

What is a Child-Size Portion?

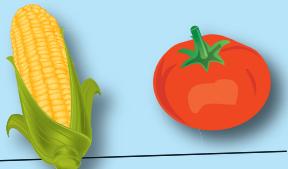
GRAINS

$\frac{1}{2}$ slice bread or tortilla
 $\frac{1}{4}$ cup rice or pasta
 $\frac{1}{4}$ cup dry or cooked cereal
 2 to 3 crackers



VEGETABLES

$\frac{1}{4}$ cup raw or cooked vegetables



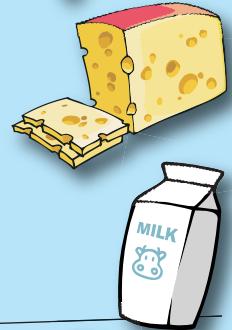
FRUITS

$\frac{1}{2}$ cup fruit juice
 $\frac{1}{2}$ small fruit or
 $\frac{1}{4}$ cup fruit



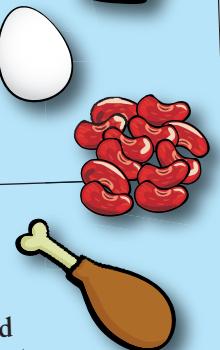
MILK

$\frac{1}{2}$ cup milk*
 $\frac{1}{4}$ cup yogurt
 1 slice cheese
 $\frac{1}{4}$ cup frozen yogurt or ice cream
 $\frac{1}{4}$ cup pudding
 $\frac{1}{4}$ cup cottage cheese



MEAT

1 ounce meat, poultry, or fish
 1 egg
 $\frac{1}{4}$ cup cooked beans or peas



Serve the above child-size portions. Let your child ask for seconds.

Nuts, peanut butter, whole grapes and hot dogs can cause choking and are not recommended for children under three years of age.

Your Child's Guide to Healthy Eating and Physical Activity

GRAINS	VEGGIES	FRUITS	MILK [†]	MEAT / BEANS	FATS / SWEETS	BALANCE FOOD and PHYSICAL ACTIVITY
<p><i>At least half of grains should be whole grains</i></p> <p>3 to 5 ounces a day</p> <p>1 ounce is equal to: 1 cup ready to eat cereal $\frac{1}{2}$ cup cooked cereal $\frac{1}{2}$ 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)</p>	<p><i>Go for the colors</i></p> <p>1 to 1 $\frac{1}{2}$ cups a day</p> <p>1 cup is equal to: 1 cup raw, cooked or vegetable juice 2 cups raw leafy vegetable</p>	<p><i>Choose from fresh, frozen, dried or canned</i></p> <p>1 to 1 $\frac{1}{2}$ cups a day</p> <p>1 cup is equal to: 1 cup fruit or 100% fruit juice $\frac{1}{2}$ cup dried fruit $\frac{1}{2}$ cup is equal to: 1 small fruit</p>	<p><i>Give your child high calcium foods for healthy bones</i></p> <p>2 cups a day</p> <p>1 cup is equal to: 1 cup milk* 1 cup yogurt $1\frac{1}{2}$ cups ice cream $1\frac{1}{2}$ ounces hard cheeses 2 ounces American cheese 2 cups cottage cheese 1 cup pudding 1 cup frozen yogurt</p>	<p><i>Go lean!</i></p> <p>2 to 4 ounces a day</p> <p>1 ounce is equal to: 1 ounce cooked meat, fish, or poultry 1 egg $\frac{1}{4}$ cup cooked dry beans/peas or mayonnaise</p>	<p><i>Go lightly!</i></p> <p>3 to 4 teaspoons of fat a day</p> <p>1 serving equals; 1 teaspoon margarine, vegetable oil (canola or olive oil best) or mayonnaise</p>	<p>Your child needs to be physically active for 60 minutes most days of the week.</p> <p>The amount of food your child needs is based on age, girl or boy, and how active he/she is each day.</p> <p>These are general recommendations. Talk with your nutritionist about your child's needs.</p>



LIMIT FRUIT JUICE TO $\frac{1}{2}$ TO $\frac{3}{4}$ CUP A DAY

[†]You and your toddler may want to continue breastfeeding beyond 1 year of age.

REMEMBER...

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

