

## Sample Menu

### BREAKFAST

¼ cup dry cereal  
¾ cup milk\* (use ¼ cup in cereal)  
½ banana

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### SNACK

2 to 3 graham crackers  
½ cup orange juice

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### LUNCH

½ turkey sandwich on whole wheat bread  
¼ cup green beans  
¼ cup carrots  
¼ cup sliced peaches  
½ cup milk\*

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### SNACK

Small muffin  
½ cup milk\*

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### DINNER

1 ounce baked chicken  
¼ cup mashed potatoes  
¼ cup cooked broccoli  
1 whole wheat roll  
½ 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?

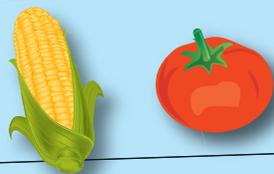
## GRAINS

- ½ slice bread or tortilla
- ¼ cup rice or pasta
- ¼ cup dry or cooked cereal
- 2 to 3 crackers



## VEGETABLES

- ¼ cup raw or cooked vegetables



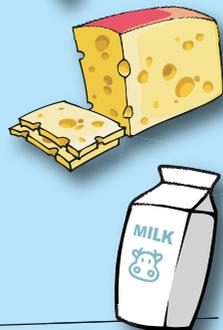
## FRUITS

- ½ cup fruit juice
- ½ small fruit or
- ¼ cup fruit



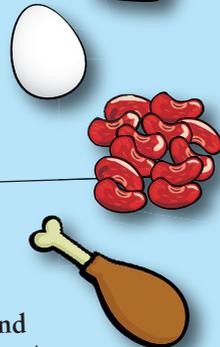
## MILK

- ½ cup milk\*
- ¼ cup yogurt
- 1 slice cheese
- ¼ cup frozen yogurt or ice cream
- ¼ cup pudding
- ¼ cup cottage cheese



## MEAT

- 1 ounce meat, poultry, or fish
- 1 egg
- ¼ 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><b>3 to 5 ounces a day</b></p> <p>1 ounce is equal to:                      1 cup ready to eat cereal                      ½ cup cooked cereal                      ½ 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><b>1 to 1 ½ cups a day</b></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><b>1 to 1 ½ cups a day</b></p> <p>1 cup is equal to:                      1 cup fruit or 100% fruit juice                      ½ cup dried fruit                      ½ cup is equal to:                      1 small fruit</p>	<p><i>Give your child high calcium foods for healthy bones</i></p> <p><b>2 cups a day</b></p> <p>1 cup is equal to:                      1 cup milk*                      1 cup yogurt                      1 ½ cups ice cream                      1 ½ ounces hard cheeses                      2 ounces American cheese                      2 cups cottage cheese                      1 cup pudding                      1 cup frozen yogurt</p> <p>*Offer fat-free or low-fat milk after your child is 2 years old.</p>	<p><i>Go lean!</i></p> <p><b>2 to 4 ounces a day</b></p> <p>1 ounce is equal to:                      1 ounce cooked meat, fish, or poultry                      1 egg                      ¼ cup cooked dry beans/peas</p>	<p><i>Go lightly!</i></p> <p><b>3 to 4 teaspoons of fat a day</b></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 ½ TO ¾ CUP A DAY**



**REMEMBER...**

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

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